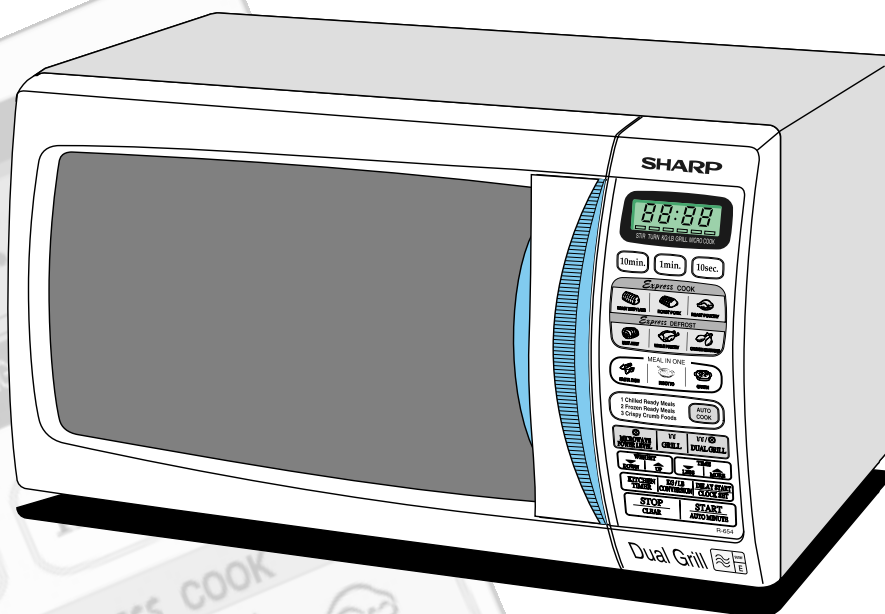
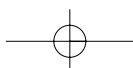
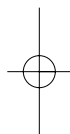
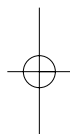
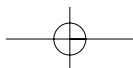


# SHARP



## **R-654M MICROWAVE OVEN WITH GRILL OPERATION MANUAL WITH COOKBOOK**

**800W (IEC 60705)**



**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)**CONTENTS**

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**OPERATION MANUAL**

**This operation manual contains important information which you should read carefully before using your microwave oven.**

**IMPORTANT: There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.**

**If you require any advice or assistance regarding your Sharp product, please visit our website - <http://www.sharp.co.uk/support>.**

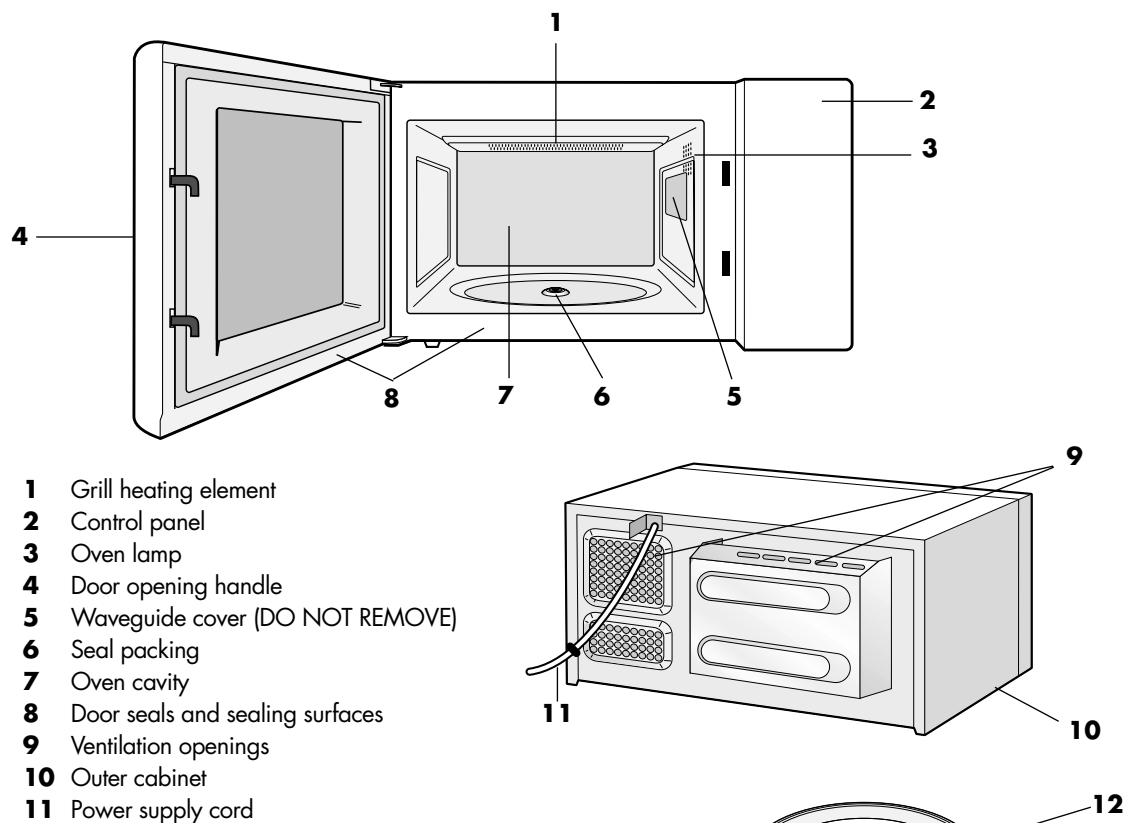
**Customers without Internet access may telephone 08705 274277 during office hours, or from Ireland (01) 676 0648.**

**Website:** <http://www.sharp.co.uk/support>

**Help Line:** 08705 274277 (office hours)



## OVEN AND ACCESSORIES



### ACCESSORIES:

Check to make sure the following accessories are provided:

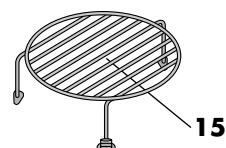
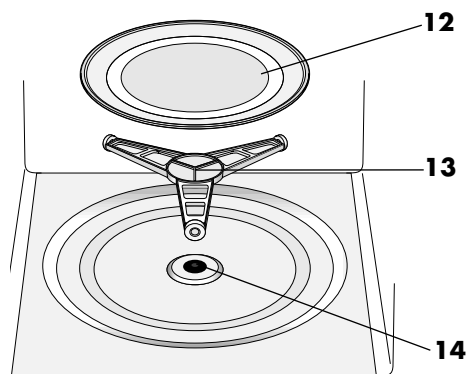
**12 Turntable 13 Roller stay 14 Seal packing**  
Place the roller stay in the seal packing on the floor of the cavity. Then place the turntable on to the roller stay.

To avoid turntable damage, ensure dishes and containers are lifted clear of the turntable rim when removing them from the oven.

**15 Rack** (For use of the rack, refer to the grilling and dual grilling sections on page 9).

### NOTES:

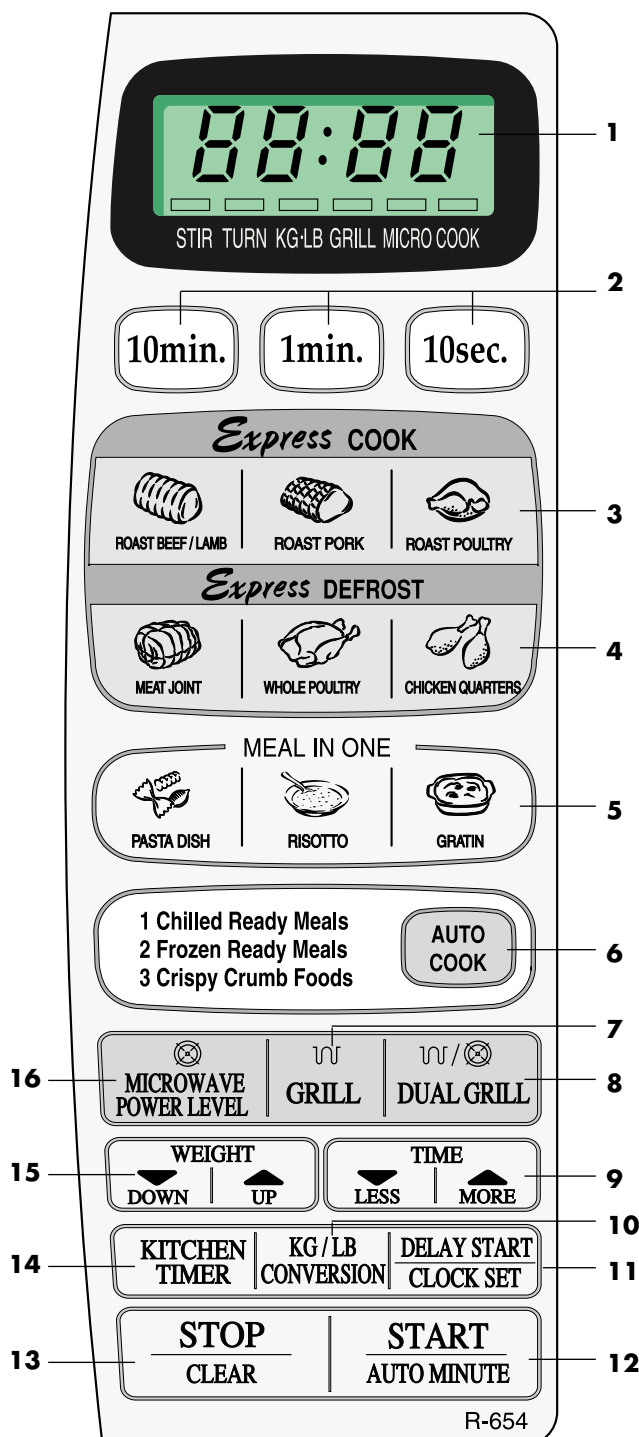
- Always operate the oven with the turntable and support fitted correctly. This promotes thorough even cooking. A badly fitted turntable may rattle, may not rotate properly and damage the oven.
- The turntable rotates clockwise or counter clockwise. The rotary direction may change each time you start the oven. This does not affect cooking performance.
- When you order accessories, please mention two details: part name and model name to your dealer or SHARP authorised service facility.



**Website:** <http://www.sharp.co.uk/support>

**Help Line:** 08705 274277 (office hours)

## CONTROL PANEL



- 1. DIGITAL DISPLAY**
- 2. TIME keys:**  
Use to enter cooking time.
- 3. EXPRESS COOK keys:**  
Use to cook foods illustrated.
- 4. EXPRESS DEFROST keys:**  
Use to cook foods illustrated.
- 5. MEAL IN ONE keys:**  
Use to cook foods illustrated.
- 6. AUTO COOK key:**  
Use for programming the **AUTO COOK** menus 1 - 3.
- 7. GRILL key:**  
Press to select grill.
- 8. DUAL GRILL key:**  
Press to select a combination of microwave and grill.
- 9. LESS/MORE keys:**  
Press to shorten/lengthen cooking time.
- 10. WEIGHT CONVERSION key:**  
Use to change weight unit, e.g. Kg/g to Lb/oz.
- 11. DELAY START/CLOCK SET key:**  
Use to set the clock, display the time or programme **DELAY START**.
- 12. START/AUTO MINUTE key:**  
Press to start a programme. Press to cook on 100P for 1 minute or increase time during cooking in multiples of 1 minute.
- 13. STOP/CLEAR key:**  
Press once to stop a programme, twice to cancel a programme.
- 14. KITCHEN TIMER key:**  
Press to use as a minute timer, or to programme standing time.
- 15. WEIGHT keys:**  
Press up or down to select correct weight/number of pieces.  
When minimum (or maximum) weight/number is reached, the display will not change, even if you continue to press the DOWN (or UP) key.
- 16. MICROWAVE POWER LEVEL key:**  
Press to select microwave power level.

**Website:** <http://www.sharp.co.uk/support>

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## INSTALLATION

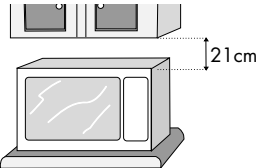
### WARNING

#### Inspect the Oven:

- **Check the oven carefully for damage before and regularly after installation.**
- **Make sure the door closes properly, that it is not misaligned or warped.**
- **Check the hinges and door safety latches are not broken or loose.**
- **Ensure the door seal and sealing surfaces are not damaged.**
- **Inspect the oven interior and door for dents.**

#### Important:

**If any damage is apparent, do not operate the oven in any way. Contact your dealer or an authorised Service Technician appointed by SHARP. (see p. 44)**

1. Remove all packing materials including the feature sticker (if applicable). Do not remove the plastic film from the inside of the oven window as this protects it from dirt. The waveguide cover prevents food and grease from entering the waveguide area where it could cause damage. **DO NOT REMOVE.**
2. Place oven on a secure, level surface, strong enough to take the oven weight, plus the heaviest item likely to be cooked in the oven.
3. The minimum height of free space necessary above the top surface of the oven is 21cm. 
4. The oven door may become hot during cooking.
5. Place or mount the oven so that the bottom of the oven is 85cm or more above the floor.
6. Do not place the oven where heat, moisture or high humidity are generated, (for example, near or above a conventional oven) or near combustible materials (for example, curtains). Do not block or obstruct air vent openings. Do not place objects on top of the oven.
7. Make sure the power supply cord is undamaged (See Installation opposite) and that it does not run under the oven or over any hot or sharp surfaces.
8. The socket must be readily accessible so that it can be easily unplugged in an emergency.
9. Do not use the oven outdoors.

### BUILDING-IN-KIT.

This oven is not designed to be built-in to a kitchen unit.

### IMPORTANT! ELECTRICAL CONNECTION.

- Do not allow water to come into contact with the power supply cord or plug.
- Insert the plug properly into the socket.
- Do not connect other appliances to the same socket using an adaptor plug.
- If the plug or socket is loose or the power supply cord is damaged, it must be replaced with a special cord. The exchange must be made by an authorised SHARP service agent.
- When removing the plug from the socket always grip the plug, never the power supply cord as this may damage the power supply cord and the connections inside the plug.
- If the fitted mains plug to your oven is a rewirable type and in the unlikely event of the socket outlet in your home not being compatible with the plug supplied, remove the plug and fit an appropriate type, observing the wiring code given in 'To replace the mains plug' on page 43. If you wish to remove or replace the plug supplied, ensure the plug is removed properly and not cut off.
- If the plug fitted to your oven is a non-rewirable plug and in the unlikely event of the socket outlet in your home not being compatible with the plug supplied, cut-off the mains plug and fit an appropriate type, observing the wiring code given in 'To replace the mains plug' on page 43.

### Danger:

The fuse from the cut-off plug should be removed and the plug disposed of in a safe manner.

Under no circumstances should the cut-off plug be inserted into a socket outlet as a serious electric shock may occur.

The plug must not be used without the fuse cover fitted.

If you have any doubt about your microwave oven obtain the help of a qualified electrician.

When replacing the plug please ensure that you use a BSI or ASTA approved plug to BS1363, this should be fitted with a brown coloured 13 amp fuse approved by BSI or ASTA to BS1362. If you have any doubt about electrical connection seek the help of a qualified electrician.



### WARNING: THIS APPLIANCE MUST BE EARTHED

To wire an appropriate plug, follow the wiring code given in 'To replace the mains plug' on page 43.

**Website:** <http://www.sharp.co.uk/support>

**Help Line:** 08705 274277 (office hours)

## IMPORTANT SAFETY INSTRUCTIONS



### IMPORTANT SAFETY INSTRUCTION READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

#### Oven Use:

- The oven is for domestic food preparation only.
- Never operate when empty, except as directed in the operation manual (see page 9).
- Do not leave or store anything inside the oven when not in use.
- Never attempt to use the oven with the door open. It is important not to force or tamper with the door safety latches.
- Never operate the oven with any object caught in the door.
- Do not insert fingers or objects in the holes of the door latches or air-vent openings as this may damage the oven and cause an electric shock.
- If water or food drops inside the air vent openings switch off the oven immediately, unplug it and call a Service Technician appointed by SHARP. (See page 44).
- Never move the oven while it is operating.
- Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, ventilation openings, accessories and dishes during **GRILL** mode, **DUAL GRILL** mode, **EXPRESS COOK**, **AUTO COOK** and **MEAL IN ONE** operations, unless wearing thick oven gloves, as they will become hot. Before cleaning make sure they are not hot.

**Pacemaker:** If you have a heart pacemaker, consult your doctor or the pacemaker manufacturer prior to oven use.

**Warning:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

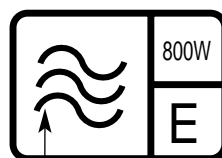
**Fire:** If smoke is observed, switch off and unplug the appliance and keep the door closed in order to stifle any flames.

**Liquids:** Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container. Stir the liquid prior to and during heating/reheating, let liquid stand in the oven after cooking.

## MAFF HEATING CATEGORY



The heating category (a letter A to E) developed by MAFF (Ministry of Agriculture, Fisheries and Food) with microwave oven and food manufacturers indicates the ability of the oven to heat small quantities of food (up to 500g [1lb 2oz]). It does not represent the general performance of the oven.



Microwave Symbol.

Microwave output power in Watts (based on international (IEC 60705) standard).

Letter representing the oven heating category.

Food packs carry cooking instructions for heating categories A to E. Follow instructions for the letter corresponding to the oven's heating category. The higher the output power and heating category of the oven the less heating time is required. As shown opposite.

|                            |   |
|----------------------------|---|
| OVEN<br>OUTPUT<br>POWER    | <div>Less heating time required</div> <div>600 700 800 900 1000 Watts</div> <div>More heating time required</div> |
| OVEN<br>OUTPUT<br>CATEGORY | <div>Less heating time required</div> <div>A B C D E</div> <div>More heating time required</div>                  |

**Website:** <http://www.sharp.co.uk/support>

**Help Line:** 08705 274277 (office hours)



## MICROWAVING

### Introduction:

Water, sugar and fat in food absorb microwaves which causes them to vibrate. This creates heat by friction, in the same way your hands get warm when you rub them together.

Outer areas of food are heated by microwave energy, and remaining portions by conduction. It is, therefore, important to **turn, rearrange** or **stir** food to ensure even heating. Where recommended allow food to stand. This is not optional but necessary to ensure

thorough cooking and is particularly important for dense food, such as joints of meat.

Microwaves pass through non-metallic dishes and utensils and heat the food inside the dishes. Microwaves are reflected by metal. The oven is lined with metal and has a fine metallic mesh in the door to prevent microwave leakage. Metallic dishes are not suitable for microwaving. Only use utensils that are suitable for microwave ovens.

(See suitable cookware, pages 20-21).



## MICROWAVE POWER LEVELS

Your oven has 5 power levels. To choose the power level for cooking, follow the advice given in the recipe section. Generally the following recommendations apply:

**100P** - (HIGH output = 800W) used for fast cooking or reheating e.g. for casseroles, hot beverages, vegetables etc.

**70P** - (MEDIUM HIGH output = 560W) used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as cheese sauce and sponge cakes. At this reduced setting, the sauce will not boil over and food will cook evenly without over cooking at the sides.

**50P** - (MEDIUM output = 400W) for dense foods which require a long cooking time when cooked conventionally, eg. beef dishes, it is advisable to use this power setting to ensure the meat will be tender.










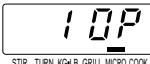
**30P** - (MEDIUM LOW output = 240W Defrost setting) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.

**10P** - (LOW output = 80W) For gentle defrosting, eg. cream gateaux or pastry.

P = PERCENTAGE

To change the power level for cooking, enter the required time and then press the **MICROWAVE POWER LEVEL** key.

For example:

|   |                |   |   |
|---|----------------|---|---|
|  <b>x1</b> | 100P (HIGH)    | → |  |
|  <b>x2</b> | 70P (MED.HIGH) | → |  |
|  <b>x3</b> | 50P (MEDIUM)   | → |  |
|  <b>x4</b> | 30P (MED.LOW)  | → |  |
|  <b>x5</b> | 10P (LOW)      | → |  |

**Power level:** The microwave power level is varied by the microwave energy switching on and off. When using power levels other than 100P you will be able to hear the microwave energy pulsing on and off as the food cooks or defrosts.

**IMPORTANT:** The microwave power level will default to 100P unless you press the **MICROWAVE POWER LEVEL** key to the desired setting.

### TO CHECK THE POWER LEVEL:

To check the microwave power level during cooking, press the **MICROWAVE POWER LEVEL** key. As long as your finger is pressing the **MICROWAVE POWER LEVEL** key the power level will be displayed. The oven continues to count down although the display will show the power level.



**Website:** <http://www.sharp.co.uk/support>

**Help Line:** 08705 274277 (office hours)

## BEFORE OPERATION



Plug in the oven.

1. The oven display will flash:
2. Press the **STOP/CLEAR** key.
3. The display will show:

To set the clock, see below.

When using the oven for the first time:

Heat the oven using **GRILL** mode without food for 20 minutes. See note on page 9.

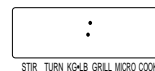
1.



2.



3.



## SETTING THE CLOCK



There are two setting modes: 12 hour clock and 24 hour clock:

1. To set the 12 hour clock, press the **DELAY START/CLOCK SET** key once,  
 will appear in the display.



2. To set the 24 hour clock, press the **DELAY START/CLOCK SET** key twice,  
 will appear in the display.



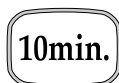
### Example:

To set the 24 hour clock to 23:35:

1. Select the 24 hour clock.

2. To enter the hours press the **10 MIN** key twice then the **1 MIN** key 3 times.

3. To change from hours to minutes press the **DELAY START/CLOCK SET** key once.



x2



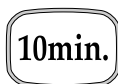
x3



x1

4. To enter the minutes press the **10 MIN** key 3 times then press the **1 MIN** key 5 times.

5. To start the clock press the **DELAY START/CLOCK SET** key once.



x3



x5





x1



**Check the display:**



### NOTES:

- To check the time of day during a cooking process, press **DELAY START/CLOCK SET** key and the time of day will remain on the display as long as you keep your finger on the key. This does not affect the cooking process.
- If the clock is set, when cooking is complete, the display will show the correct time of day. If the clock has not been set, the display will only show  when cooking is complete.
- If the electrical power supply to your microwave oven is interrupted, the display will intermittently show:  after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.
- When you want to reset the time of day, follow the above example again.

**Website:** <http://www.sharp.co.uk/support>

**Help Line:** 08705 274277 (office hours)



## HOW TO OPERATE THE OVEN

### Opening and closing the door:

To open the oven door, pull the door opening handle. The oven lamp will come on while the door is open. Close the door firmly and the oven lamp will go out.

### Starting the oven:

Prepare and place the food in suitable container onto the turntable or directly onto the turntable.

Close the door and press the **START/AUTO MINUTE** key.



### Stopping the oven:

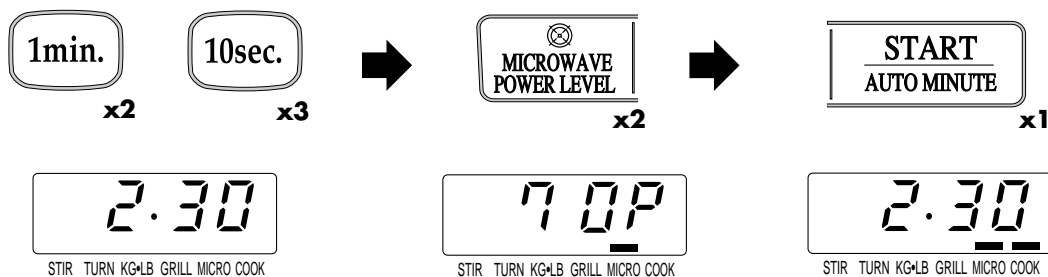
If you wish to stop the oven during cooking press the **STOP/CLEAR** key once or open the oven door. If you wish to cancel the cooking programme, press the **STOP/CLEAR** key twice.



### Example:

To cook for 2 minutes and 30 seconds on 70P microwave power.

1. To enter the cooking time, press the **1 MIN** key twice and the **10 SEC** key three times.
2. To input the power level, press the **MICROWAVE POWER LEVEL** key twice for 70P.
3. Press the **START/AUTO MINUTE** key once to start cooking.



The display will count down through the cooking time.

### NOTES:

- Your oven can be programmed up to 99 minutes, 90 seconds (99.90).
- When the door is opened during cooking, the cooking time on the display stops automatically. The cooking time starts to count down again when the door is closed and the **START/AUTO MINUTE** key is pressed.
- When oven operation is finished, the time of day will reappear on the display, if the clock has been set.
- If you wish to know the power level during cooking, press the **MICROWAVE POWER LEVEL** key. As long as your finger is touching the key the power level will be displayed.

**Website:** <http://www.sharp.co.uk/support>

**Help Line:** 08705 274277 (office hours)

## GRILLING



The Grill heating element at the top of the oven cavity has one power setting only. It is efficient and economical.

The efficiency of the grill is assisted by the turntable which rotates simultaneously to ensure even browning. The grill is ideal for cooking bacon, gammon steak, fish fingers and tea cakes.

Use the rack for grilling small items of food such as bacon, steak and toast, turn over halfway through grilling. Food can be placed directly on the rack or placed in a flan dish or on a heat-resistant plate.

When browning and crisping the surface of foods in a casserole dish, the rack can be used if the container is shallow enough. However, it is advisable to place such containers directly on the turntable, allow a little extra time to brown and crisp as desired.

### NOTE:

When first using the grill heater, smoke and odour will be given off. To avoid this happening when food is being cooked, heat the grill heater without food for approx. 20 minutes.

### Example:

To grill for 8 minutes.

1. To enter the grilling time, press the **1 MIN** key eight times.

1min.

x8

8.00

STIR TURN KG+LB GRILL MICRO COOK



2. Press the **GRILL** key once.

GRILL

x1

8.00

STIR TURN KG+LB GRILL MICRO COOK



3. Press the **START/AUTO MINUTE** key once to start grilling.

START  
AUTO MINUTE

x1

8.00

STIR TURN KG+LB GRILL MICRO COOK

## DUAL GRILLING



The **DUAL GRILL** feature enables a combination of any one of three microwave power levels with the grill, 10P, 30P, and 50P.

The combination of microwaves with the grill reduces cooking time and provides a crisp, brown finish giving you the convenience of fast cooking with a traditional appetising appearance.

**DUAL GRILL** is pre-programmed to combine the grill with 30P microwave power. If you wish to change the microwave power level, press the **DUAL GRILL** or **MICROWAVE POWER LEVEL** key until the desired power level is shown on the display. The microwave power level will change.

**NOTE:** You cannot select the 100P or 70P power level.

### Example:

To cook using DUAL GRILL, 50P microwave power for 15 minutes.

1. To enter the grilling time for 15 minutes, press the **10 MIN** key once and the **1 MIN** key five times.

10min.

x1

1min.

x5

15.00

STIR TURN KG+LB GRILL MICRO COOK



2. Press the **DUAL GRILL** key 3 times.

DUAL GRILL

x3

50P

STIR TURN KG+LB GRILL MICRO COOK

3. Press the **START/AUTO MINUTE** key once to start cooking.

START  
AUTO MINUTE

x1

15.00

STIR TURN KG+LB GRILL MICRO COOK

**Website:** <http://www.sharp.co.uk/support>

**Help Line:** 08705 274277 (office hours)



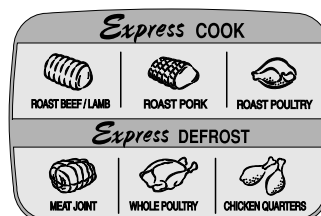
## EXPRESS COOK/EXPRESS DEFROST

EXPRESS COOK/EXPRESS DEFROST enables you to cook or defrost the foods listed on the control panel and the charts on pages 11-12. Follow the example below for details on how to operate these functions.

EXPRESS COOK allows you to cook 3 popular menus from frozen or chilled.

When cooking from frozen (-18°C) press the desired menu key once, **[Fr]** will appear on the display.

When cooking from chilled (5°C) press the desired menu key twice, **[HLL]** will appear on the display.



**Example 1:** To cook medium Roast Pork weighing 1.5kg from frozen, using EXPRESS COOK.

1. Press the **ROAST PORK** key once to select cooking from frozen.
2. Enter the weight by pressing the **WEIGHT** keys until the desired weight is displayed.
3. Press the **START/AUTO MINUTE** key to start cooking.



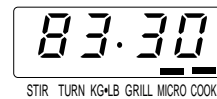
x1



x11



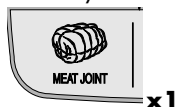
x1



The display counts down through cooking time.

**Example 2:** To defrost a Meat Joint weighing 1.5kg, using EXPRESS DEFROST.

1. Select the menu required by pressing the **MEAT JOINT** key once.
2. Enter the weight by pressing the **WEIGHT** keys until the desired weight is displayed.
3. Press the **START/AUTO MINUTE** key to start defrosting.



x1



x11



x1



The display counts down through defrosting time.

**NOTE:** If the **DOWN** (▼) weight key is pressed the display will count down from the highest weight range each time the key is pressed.

If the **UP** (▲) weight key is pressed the display will count up from the lowest weight range each time the key is pressed.

You can enter the weight by holding down the **WEIGHT** keys as well as by pressing until the desired weight appears.




**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)**EXPRESS COOK/EXPRESS DEFROST CHARTS****WEIGHT RANGE:**

- Food weight should be rounded up to the nearest 0.1kg or 1oz, for example, 0.65kg to 0.7kg and 12.5oz to 13oz.
- You are restricted to enter a weight within the range (see the following charts).
- To cook/defrost weights above or below that range or foods not included in the charts below, refer to the charts in the cookbook section.

**NOTES:**

- Press the **MORE** or **LESS** keys before pressing the **START/AUTO MINUTE** key where recommended in the charts below.
- When action is required (example, to turn food over), the oven stops, the audible signals sound, the remaining cooking time and an indicator will flash on the display. To continue cooking, press the **START/AUTO MINUTE** key.
- The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking manually.
- You can enter the weight in Lb/oz or Kg/g. To convert to either weight range press the **WEIGHT CONVERSION** key once before entering the weight. See page 19.
- When freezing foods for EXPRESS COOK, ensure food is fresh and of good quality.
- All menus on EXPRESS COOK use Microwave with Grill during the cooking programme to provide a brown, crisp traditional looking and tasting result.
- If you use the AUTO MINUTE function during EXPRESS COOK/EXPRESS DEFROST operation, the food may be overcooked.




**EXPRESS COOK**

| <b>MENU</b>   | <b>WEIGHT RANGE</b> | <b>COOKING PROCEDURE</b>   |
|---|---------------------|--|
| Roast Beef/Lamb<br><br><b>ROAST BEEF / LAMB</b><br><b>x1:</b> Frozen<br><b>x2:</b> Chilled | 0.5kg - 1.5kg       | <ul style="list-style-type: none"> <li>• Place meat in a flan dish on the turntable.</li> <li>• Turn meat over when the audible signal sounds.</li> <li>• After cooking, leave meat to stand wrapped in aluminium foil for 10 minutes.</li> </ul> <b>NOTE:</b> Select <b>MORE</b> for well done.<br>It is not possible to use the <b>LESS</b> key for beef/lamb.   |
| Roast Pork<br><br><b>ROAST PORK</b><br><b>x1:</b> Frozen<br><b>x2:</b> Chilled             | 0.5kg - 1.5kg       | <ul style="list-style-type: none"> <li>• Place meat in a flan dish on the turntable.</li> <li>• Turn meat over when the audible signal sounds.</li> <li>• After cooking, leave meat to stand wrapped in aluminium foil for 10 minutes.</li> </ul> <b>NOTE:</b> It is not possible to use the <b>LESS</b> key for pork.   |
| Roast Poultry<br><br><b>ROAST POULTRY</b><br><b>x1:</b> Frozen<br><b>x2:</b> Chilled       | 1.2kg - 1.6kg       | <ul style="list-style-type: none"> <li>• Pierce skin (chilled only) a few times and place poultry breast-side down in a flan dish on the turntable.</li> <li>• Turn poultry over when the audible signal sounds. When cooking frozen poultry with giblets, remove the giblets at first or second turn over.</li> <li>• After cooking, leave poultry to stand wrapped in aluminium foil for 10 minutes.</li> </ul> <b>NOTE:</b> It is not possible to use the <b>LESS</b> key for poultry.<br>This menu is only suitable for cooking whole poultry. |

**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)

## EXPRESS DEFROST CHART

### EXPRESS DEFROST

| MENU   | WEIGHT RANGE  | COOKING PROCEDURE  |
|--|---------------|--|
| Meat joint:<br>Beef/Lamb/Pork<br><br>MEAT JOINT | 0.5kg - 1.5kg | <ul style="list-style-type: none"> <li>Place meat in a flan dish on the turntable.</li> <li>Turn over when audible signal sounds.</li> <li>Stand, wrapped in foil, for 60-90 minutes until defrosted.</li> </ul>                                       |
| Whole Poultry<br><br>WHOLE POULTRY              | 1.2kg - 1.6kg | <ul style="list-style-type: none"> <li>Place poultry breast side-up in a flan dish on the turntable.</li> <li>Turn over when audible signal sounds.</li> <li>Stand, wrapped in foil, for 60-90 minutes until evenly defrosted.</li> </ul>              |
| Chicken Quarters<br><br>CHICKEN QUARTERS        | 0.3kg - 0.9kg | <ul style="list-style-type: none"> <li>Place quarters best side-up in a flan dish on the turntable.</li> <li>Turn over and rearrange when audible signal sounds.</li> <li>Stand, wrapped in foil, for 15-30 minutes until evenly defrosted.</li> </ul> |

For converting to Lb/oz see the conversion chart on page 25.

Weigh all meat and poultry prior to defrosting and cooking as the labelled weight is only approximate.

**Defrost:** If necessary, shield small areas of meat or poultry with flat pieces of aluminium foil. This will prevent the areas from becoming warm during defrosting. Ensure the foil does not touch the oven walls. Do not cook the meat or poultry until thoroughly defrosted.

**NOTE:** To defrost foods not included in the EXPRESS DEFROST chart (above), use Microwave Power levels 30P or 10P. Stir or turn food at least 2 - 3 times during defrosting. After defrosting, cover food or wrap in aluminium foil and leave to stand until thoroughly defrosted.

Refer to the defrosting chart in the cookbook section on Page 26.

DO NOT USE THE RACK FOR DEFROSTING.

**Website:** <http://www.sharp.co.uk/support>

**Help Line:** 08705 274277 (office hours)

## AUTO COOK



AUTO COOK enables you to cook foods listed on the control panel and the chart on page 14. Follow the example below for details on how to operate this function.

1 Chilled Ready Meals  
2 Frozen Ready Meals  
3 Crispy Crumb Foods

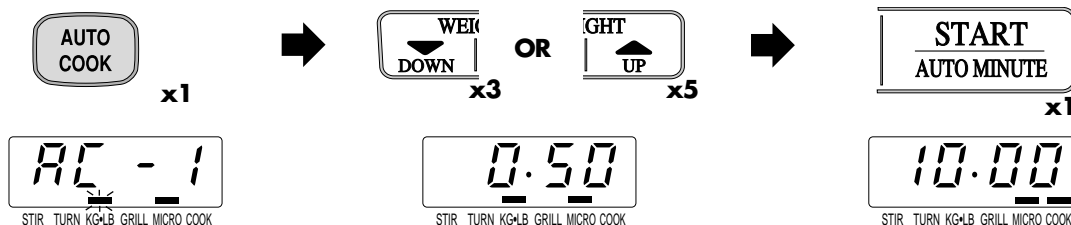
AUTO  
COOK

**EXAMPLE:** To cook 0.5kg Chilled Ready Meals on Auto Cook AC-1.

1. Select the menu required by pressing the **AUTO COOK** key once.

2. Enter the weight by pressing the **WEIGHT** keys until the desired weight is displayed.

3. Press the **START/AUTO MINUTE** key to start cooking.



**SELECTING MENU:** The menu will be changed automatically by holding down the **AUTO COOK** key.

### WEIGHT RANGE:



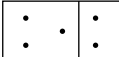

- Food weight should be rounded up to the nearest 0.1kg or 1oz, for example, 0.65kg to 0.7kg and 12.5oz to 13oz.
- Ready Meals AC-1 & AC-2 should be rounded up to the nearest 0.05kg (for example 0.34kg to 0.35kg).
- You are restricted to enter a weight within the range given (see the chart on page 14).
- To cook weights below or above that range or foods not included in the chart on page 14, refer to the charts in the cookbook section.

### NOTES:

- If the **DOWN** (▼) weight key is pressed the display will count down from the highest weight range each time the key is pressed.  
If the **UP** (▲) weight key is pressed the display will count up from the lowest weight range each time the key is pressed.  
You can enter the weight by holding down the **WEIGHT** keys as well as by pressing until the desired weight appears.
- Press the **MORE** or **LESS** keys before pressing the **START/AUTO MINUTE** key where recommended in the chart on page 14.
- When action is required (example, to turn food over), the oven stops and the audible signals sound, the remaining cooking time and an indicator will flash on the display. To continue cooking, press the **START/AUTO MINUTE** key.
- The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking manually.
- You can enter the weight in Lb/oz or Kg/g. To convert to either weight range press the **WEIGHT CONVERSION** key once before entering the weight. See page 19.
- The menu for crispy crumb foods (AC-3) uses Microwave with Grill during the cooking programme to provide a brown, crisp traditional looking and tasting result.
- If you use the AUTO MINUTE function during Auto cooking, the food may be overcooked.

**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)

## AUTO COOK CHART

| No   | MENU   | WEIGHT RANGE  | COOKING PROCEDURE  |
|------|--|---------------|--|
| AC-1 | Chilled Ready Meals (5°C)<br><br>Stirrable e.g:<br>Spaghetti Bolognese,<br>Beef stew<br><br>Non-Stirrable e.g:<br>Lasagne,<br>Cottage pie  | 0.3kg - 0.6kg | <ul style="list-style-type: none"> <li>For one section containers, use a skewer to pierce film in five places.  </li> <li>For two section containers, pierce using a skewer. Pierce meat/main portion three times and rice/pasta portion twice.  </li> <li>For food contained in bag(s), pierce meat portion five times on each side. For rice/pasta pierce five times on one side only (where rice/pasta portion bags come already perforated, do not pierce further).</li> </ul> |
| AC-2 | Frozen Ready Meals (-18°C)<br><br>Stirrable e.g:<br>Spaghetti Bolognese,<br>Beef stew<br><br>Non-Stirrable e.g:<br>Lasagne,<br>Cottage pie | 0.3kg - 0.6kg | <ul style="list-style-type: none"> <li>Place on the turntable.</li> <li>Stir, if possible, when the oven indicates.</li> <li>After cooking, leave to stand for 2-3 minutes before serving.</li> </ul> <p><b>NOTE:</b></p> <ul style="list-style-type: none"> <li>For stirrable foods, stir as oven indicates. For food in bags, manipulate contents. For non-stirrable foods, it is not necessary to stir.</li> <li>For non-stirrable foods, press the <b>MORE</b> key, before pressing the <b>START/AUTO MINUTE</b> key.</li> <li>It is not possible to use the <b>LESS</b> function for these menus.</li> </ul>  |
| AC-3 | Crispy Crumb Foods (e.g: fish fingers, chicken nuggets)<br><br>(chilled & frozen)  | 0.1kg - 0.4kg | <ul style="list-style-type: none"> <li>Place the Crispy Crumb foods in a flan dish on the rack.</li> <li>Turn the food over when the oven indicates. After cooking, leave to stand for 2-3 minutes before serving.</li> </ul> <p><b>NOTE:</b> Use the <b>MORE</b> key for Frozen Crispy Crumb foods.</p>   |

For converting to Lb/oz see the conversion chart on page 25.



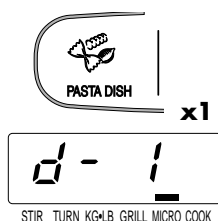
**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)**MEAL IN ONE**

MEAL IN ONE enables you to cook 3 popular menus at the touch of a key (see chart below). Always refer to the MEAL IN ONE chart and the recipes on pages 32-34 in the cookbook section before operating this function. Press the selected key once and the programmes will automatically start to cook after 2 seconds.



**EXAMPLE:** To cook Pasta Bolognese on **PASTA DISH** (d-1).

1. Select the menu required by pressing the **PASTA DISH** key once.



After 2 seconds the oven will start cooking automatically.

**NOTES:**

- The MEAL IN ONE function can only be input within 3 minutes after cooking completion, closing the door or pressing the **STOP/CLEAR** key.
- When action is required (for example, to stir food) the oven stops and the audible signals sound, the remaining cooking time and any indicator will flash on the display. To continue cooking press the **START/AUTO MINUTE** key.
- You can use the **LESS/MORE** keys, see page 17.
- The final temperature will vary according to the initial food temperature. Check the food is piping hot after cooking. If necessary you can extend the cooking time manually.
- To cook menus or weights not included in the chart below, cook manually.
- If you use the AUTO MINUTE function during MEAL IN ONE operation, the food may be overcooked.
- Gratin uses microwave and grill during the cooking programme to provide a brown, crisp traditional looking and tasting result.

**MEAL IN ONE CHART**

| No  | MENU  | WEIGHT         | COOKING PROCEDURE  |
|-----|---|----------------|--|
| d-1 | Pasta Dish:- includes Pasta bolognese, Pasta 'Quorn' bolognese                    | Approx 1.4kg*  | See recipes for pasta dish on page 32 in the cookbook section.<br>* Total weight of all ingredients. |
| d-2 | Risotto:- includes Beef risotto, Chicken risotto, Fish risotto, Vegetable risotto | Approx. 0.9kg* | See recipes for risotto on page 33 in the cookbook section.<br>* Total weight of all ingredients.    |
| d-3 | Gratin:- includes Spinach gratin, Fish gratin, Chicken gratin                     | Approx 1.6kg*  | See recipes for gratin on page 34 in the cookbook section.<br>* Total weight of all ingredients.     |

**Website:** <http://www.sharp.co.uk/support>

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## CONVENIENT FUNCTIONS

### 1. MULTIPLE SEQUENCE COOKING:

A sequence of 3 stages (maximum) can be programmed using combinations of **MICROWAVE**, **GRILL** or **DUAL GRILL**.

#### Example:

To cook for: 5 minutes on 100P power (Stage 1)  
16 minutes on 30P power (Stage 2)

#### STAGE 1

1. To input the time, press the **1 MIN** key 5 times.

1min.

x5

5.00

STIR TURN KG+LB GRILL MICRO COOK

2. To input the power level press the **MICROWAVE POWER LEVEL** key once.

MICROWAVE  
POWER LEVEL

x1

10 0P

STIR TURN KG+LB GRILL MICRO COOK

#### STAGE 2

3. To input the time press the **10 MIN** key once and press the **1 MIN** key 6 times.

10min.

x1

1min.

x6

16.00

STIR TURN KG+LB GRILL MICRO COOK

4. To input the power level press the **MICROWAVE POWER LEVEL** key four times.

MICROWAVE  
POWER LEVEL

x4

3 0P

STIR TURN KG+LB GRILL MICRO COOK

5. Press the **START/AUTO MINUTE** key once to start.

START  
AUTO MINUTE

x1

5.00

STIR TURN KG+LB GRILL MICRO COOK

The oven will begin to cook for 5 minutes on 100P and then for 16 minutes on 30P.

#### NOTE:

If 100P is selected as the final power level, it is not necessary to input the power level.

### 2. AUTO MINUTE:

AUTO MINUTE enables you:

- To cook on 100P microwave power in multiples of 1 minute.
- To extend cooking time in multiples of 1 minute.

#### Example:

To cook on 100P for 2 minutes, press the **START/AUTO MINUTE** key twice.

#### Example:

START  
AUTO MINUTE

x2

2.00

STIR TURN KG+LB GRILL MICRO COOK

#### NOTES:

- The AUTO MINUTE function for direct start, can only be input within 3 minutes after cooking completion, closing the door or pressing the **STOP/CLEAR** key.
- The cooking time may be extended to a maximum of 99 minutes.

**Website:** <http://www.sharp.co.uk/support>

**Help Line:** 08705 274277 (office hours)

## CONVENIENT FUNCTIONS



### 3. LESS (▼) and MORE (▲):

The **LESS** (▼) and **MORE** (▲) keys allow you to cook/defrost food for more or less time than the preset programmes.

**For Example:** If you prefer Baked Potatoes which are cooked but still firm, use the **LESS** (▼) key. Alternatively, if you prefer Baked Potatoes softer, use the **MORE** (▲) key.

- TO USE LESS AND MORE WITH EXPRESS COOK / EXPRESS DEFROST / AUTO COOK  
Press the **LESS** (▼) / **MORE** (▲) key before pressing the **START/AUTO MINUTE** key.
- TO USE LESS AND MORE WITH MEAL IN ONE  
Press the **LESS** (▼) / **MORE** (▲) within 2 seconds after pressing the desired **MEAL IN ONE** key.

If you select **MORE**, the display will show **PL 55**. Alternatively, you select **LESS**, the display will show **LE 55**.

Some menus cannot use the **LESS** function. If you select **LESS** for them, **EE** will appear when the **START/AUTO MINUTE** pad is pressed.

**NOTE:** To cancel **LESS** (▼) / **MORE** (▲), simply press the same key again.

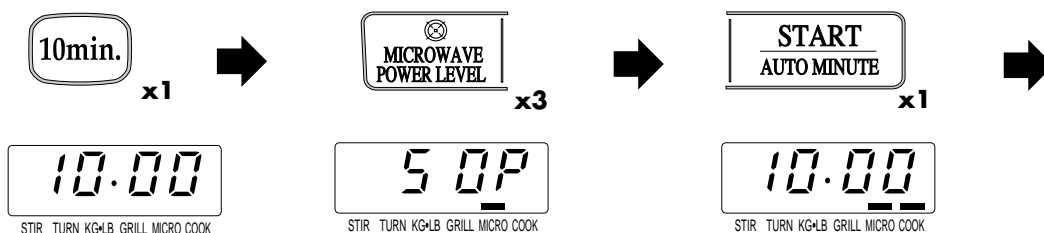
To change **MORE** to **LESS** simply press the **LESS** (▼) key.

To change **LESS** to **MORE** press the **MORE** (▲) key.

- TO USE LESS AND MORE WITH MANUAL COOKING  
Press the **LESS** (▼) or **MORE** (▲) key to decrease or increase the cooking or defrosting time in multiples of 1 minute whilst the oven is in use. The overall cooking time can be increased to a maximum of 99 minutes.

**Example:** To cook on 50P for 10 minutes and then decrease the cooking time by 2 minutes:

1. To input the time press the **10 MIN** key once.
2. To input the power press the **MICROWAVE POWER LEVEL** key three times.
3. Press the **START/AUTO MINUTE** key once to start cooking.



4. To reduce the time by 2 minutes press the **LESS** key twice.

Cooking time is reduced by two minutes and continues to count down, for example:



**NOTE:** If you use this function for EXPRESS COOK, EXPRESS DEFROST, AUTO COOK and MEAL IN ONE, the food may be overcooked or undercooked.

**Website:** <http://www.sharp.co.uk/support>

**Help Line:** 08705 274277 (office hours)



## CONVENIENT FUNCTIONS

### 4. DELAY START:

**DELAY START enables you to programme the oven to cook at any time during the:**

- next 12 hours (if the 12 hour clock is set).
- next 24 hours (if the 24 hour clock is set).

**IMPORTANT: It is recommended the oven is always attended when in use. Check to ensure you have programmed the oven correctly. Exceeding cooking times and use of excessive power levels can lead to food overheating and cause a risk of fire.**

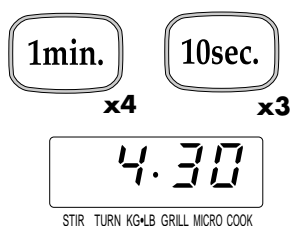
- You can use DELAY START only with manual cooking.
- Before programming the oven, always check the display is showing the correct time of day.

- Once the oven is programmed for DELAY START the display will flash between the time of day and the **Auto**.
- If you press and hold the **DELAY START/CLOCK SET** key, the DELAY START time will be displayed until you release your finger from the key.
- If you want to cancel a DELAY START programme, press the **STOP/CLEAR** key.
- The DELAY START time can only be entered in multiples of 10 minutes. It is not possible to enter less than 10 minutes or any time which is not in multiples of 10 minutes.
- If the door is opened after programming, close the door and press the **START/AUTO MINUTE** key to continue with DELAY START.

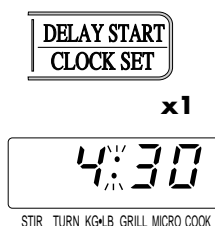
### Example:

The current time of day is 1:00pm and you want to programme the oven to reheat a casserole on 50P for 40 minutes at 4:30pm. (In this example the oven is set to the 12 hour clock mode).

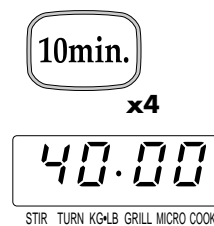
1. Enter the time at which you want the casserole to begin reheating by pressing the **TIME** keys.



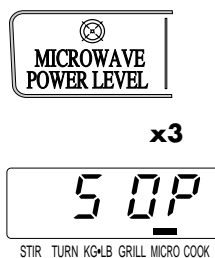
2. Press the **DELAY START/CLOCK SET** key once to set the start time for cooking.



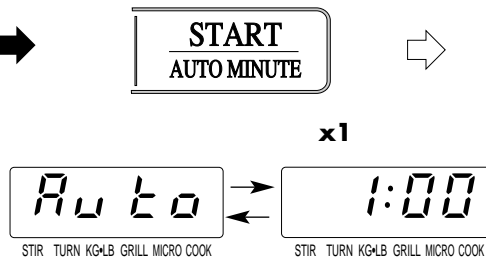
3. Enter the cooking time by pressing the **10 MIN** key four times.



4. Enter the power level by pressing the **MICROWAVE POWER LEVEL** key three times.



5. Press the **START/AUTO MINUTE** key to start the programme.



When the oven starts at 4:30pm, the preprogrammed sequence will start. The cooking time and mode will appear on the display.



**Website:** <http://www.sharp.co.uk/support>

**Help Line:** 08705 274277 (office hours)

## CONVENIENT FUNCTIONS

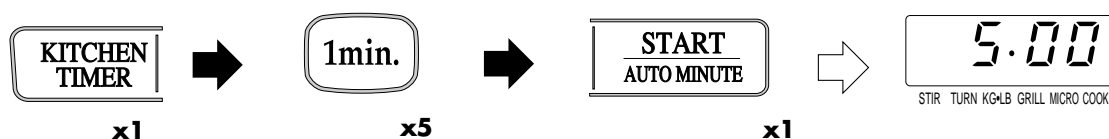


### 5. KITCHEN TIMER:

You can use the KITCHEN TIMER for timing where microwave cooking is not involved. For example, to time a boiled egg cooked on a conventional hob, to monitor the standing time for microwaved food or to remind you of the time when making a phone call.

**Example:** To set the timer for 5 minutes:

1. Press the **KITCHEN TIMER** key once.
  2. Enter the desired time by pressing the **1 MIN** key 5 times.
  3. Press the **START/AUTO MINUTE** key once.
- The display will count down. When the display reaches zero, the 'beep' signal will sound.



You can enter any time up to 99 minutes, 90 seconds. To cancel the KITCHEN TIMER whilst counting down, simply press the **STOP/CLEAR** key and the display will return to the time of day, if set.

**NOTE:** The KITCHEN TIMER function cannot be used whilst cooking or when the DELAY START function is set.

### 6. WEIGHT CONVERSION:

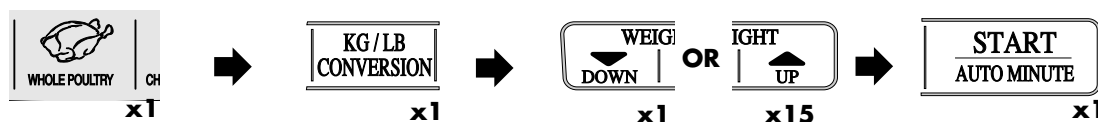
Your oven comes set for kg.

You can use the weight conversion function to convert kg to lbs or vice-versa. The oven memorises the weight unit of the last operation, until you change it. To change from kg to lbs press the **WEIGHT CONVERSION** key when the display shows the time of day or before entering the weight.

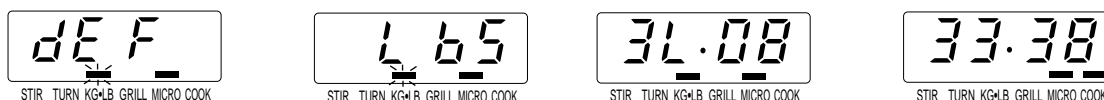
**Example:**

To change from kg to lbs when using EXPRESS DEFROST "Whole Poultry", 3lb 8oz.

1. Press the **WHOLE POULTRY** key.
2. Press the **WEIGHT CONVERSION** key to change from kg to lbs.
3. Enter the weight by pressing the **WEIGHT DOWN** or **WEIGHT UP** keys.
4. Press the **START/AUTO MINUTE** key once to begin cooking.



**Display:**



**NOTE:** If you change from lbs to kg, the display will show



**Website:** <http://www.sharp.co.uk/support>









**Help Line:** 08705 274277 (office hours)



## SUITABLE COOKWARE

**For microwaving, use only those utensils suitable for microwave cookery as indicated below.**

A variety of cookware can be used for microwaving. Round/oval dishes rather than square/oblong ones are recommended, as food in the corners tends to overcook.

| COOKWARE   | SUITABLE FOR MICROWAVING   | GRILL  | DUAL COOKING  |   |
|--|--|--|---|---|
| Heat resistant glass, (e.g. Pyrex®, Fire King®, Corning Ware®).          | <b>YES</b>   | <b>YES</b>   | <b>YES</b>  |    |
| Microwave-safe plastic cookware.   | <b>YES</b>   | <b>NO</b>  | <b>NO</b>   |    |
| Microwave cling film, microwave roasting bags.                           | <b>YES</b><br>Microwave cling film and bags must be vented for steam to escape, pierce in 4-5 places. Do not use plastic or metal ties as they may melt or catch fire due to 'arcing'.   | <b>NO</b>  | <b>NO</b>   |    |
| Heat-resistant china and ceramics.                                       | <b>YES</b><br>Except for dishes with metallic decoration.  | <b>NO</b>  | <b>YES</b><br>Except for dishes with metallic decoration. |  |
| Disposable containers: Thin plastic, paper, straw and wooden containers. | <b>YES</b><br>Always attend the oven closely. Look at the oven from time to time when heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.   | <b>NO</b>  | <b>NO</b>   |  |
| Kitchen paper.   | <b>YES</b><br>Always attend the oven closely. Only use to absorb fat and moisture when warming food. Pay special attention as over-heating may cause a fire in your oven.  | <b>NO</b>  | <b>NO</b>   |  |
| Browning dishes & self-heating packages.                                 | <b>YES</b><br>Always place on an up-turned plate on the turntable to prevent heat stress. Follow manufacturer's instructions. Be careful as these become very hot. <b>Popcorn:</b> Only use microwave popcorn within recommended packaging (follow popcorn manufacturer's instructions). Never use oil unless the manufacturer recommends and never cook for longer than instructed. | <b>NO</b>  | <b>NO</b>   |  |
| Metal cookware.  | <b>NO</b>  | <b>YES</b><br>If desired, metal trays may be used. | <b>YES</b>  |  |

**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)**SUITABLE COOKWARE**

| COOKWARE   | SUITABLE FOR MICROWAVING  | GRILL      | DUAL COOKING  |  |
|--|---|------------|---|--|
| Aluminium foil & foil containers, made from "Micro Foil®". | <b>YES/NO</b><br>Use small pieces of aluminium foil to shield food from overheating. Keep foil at least 2cm from the oven walls. Foil containers are not recommended unless specified by the manufacturer, eg. MicroFoil®, follow instructions carefully. | <b>YES</b> | <b>YES/NO</b><br>Use aluminium foil for shielding only. |  |
| Metal racks.   | <b>YES</b><br>The metal rack supplied has been specially designed for all cooking modes and will not damage the oven.   | <b>YES</b> | <b>YES</b>  |  |

**FOOD HANDLING & PREPARATION**

**Face & Hands:** Always use oven gloves to remove food or cookware from the oven. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.

**Stir, turn & stand**

For even cooking stir, turn or rearrange food during cooking. Where recommended, leave food to stand after cooking or defrosting.

**Initial and final temperature of food**

The initial temperature of food affects the amount of cooking time needed, eg. chilled food requires more cooking than food at room temperature. The temperature of the container is not a true indication of the temperature of the food or drink. Cut into foods with fillings, for example, jam doughnuts, to release heat or steam.



**Check the temperature of food and drink and stir before serving. Take special care when serving to babies, children or the elderly. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.**

**Composition & quality**

Food high in fat or sugar (Christmas pudding or mince pies) requires less heating time and should be watched, over-heating can lead to fire. Good quality ingredients should be used for microwaving. Economical cuts of meat are recommended for casserole.



**Website:** <http://www.sharp.co.uk/support>

**Help Line:** 08705 274277 (office hours)



## FOOD HANDLING & PREPARATION

**Piercing** Food with skin (such as potatoes, apples, fish, chicken), or with membrane (such as the white and yolk of eggs, including boiled eggs), must be pierced in several places before cooking or reheating. If not, steam will build up and may cause food to explode.  
**Note:** Eggs in their shells and whole hard boiled eggs should not be heated in the microwave ovens since they may explode even after microwaving has ended.



**Arrangement** Place thickest parts of food on the outside of the dish, for example, the meaty ends of chicken drumsticks should be placed on the outside of the dish.



**Covering** Fish, vegetables and certain other foods benefit from being covered during microwave cookery, follow recommendations where given and use vented microwave cling film or a suitable lid.



**Size & shape** Food size and shape affect the amount of cooking time needed. When cooking more than one portion of the same food ensure they are of a similar size and shape.



**Density & quantity** Food density and quantity affect the amount of cooking time needed, for example, potatoes require more cooking than peas; four potatoes will take longer to cook than two.



**Hygiene** Food hygiene standards (storage, handling and preparation) apply to microwaving. Always store convenience foods as recommended by the food manufacturer and keep no longer than the "Use By" date.



## ADVICE FOR COOKING



**WARNING - Always attend the oven when in use.**

**Carefully follow the SHARP Operation Manual at all times. If you exceed recommended cooking times and/or use power levels that are too high, food may overheat, burn, and in extreme circumstances, catch fire and damage the oven.**

The microwave power level will default to 100P unless you press the **MICROWAVE POWER LEVEL** key to reach the desired setting. Take care when heating foods with high sugar or fat content, for example, Christmas pudding, mince pies and fruit cakes. See reheating charts in the cookbook section for guidance. Before use, the user should check that utensils are suitable for use in microwave ovens.

**Lids:** Always remove lids from food jars and containers before you use them in the oven. If you do not, steam and pressure will build up inside and the container may explode.

Do not place hot foods/utensils on a cold turntable, or cold foods/utensils on a hot turntable.

**WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.



**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)**ADVICE FOR REHEATING****WARNINGS:**

**Oil & Fat:** Never heat oil or fat for deep frying as this may lead to overheating and fire. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.

**Never heat liquids in narrow-necked containers, as this could result in the contents erupting from the container and may cause burns.**

- Remove food from foil or metal containers before reheating.
- Reheating times will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.
- To avoid overheating and fire, special care must be taken when reheating foods with a high sugar or fat content, for example, Mince pies or Christmas pudding.
- Canned Potatoes should not be heated in the microwave oven, follow the manufacturers' instructions on the can.

**Plated meals** **Remove any poultry or meat portions, reheat these separately, see below.** Place smaller items of food to the centre of the plate, larger and thicker foods to the edge. Cover with vented microwave cling film and reheat on 50P, stir/rearrange halfway through reheating. Ensure food is thoroughly reheated before serving.



**Casseroles** Cover with vented microwave cling film or suitable lid, reheat on 50P. Stir frequently to ensure even reheating.



**Poultry portions** Place thickest parts of the portions on the outside of the dish, cover with vented microwave cling film and reheat on 70P. Turn over halfway through. NOTE: Ensure poultry is thoroughly reheated, before serving.



**Sliced meat** Cover with vented microwave cling film and reheat on 50P. Rearrange at least once to ensure even reheating. NOTE: Ensure meat is thoroughly reheated before serving.



**Pies** Place pies in a flan dish. Reheat meat pies on 70P and fruit pies on 50P.



**Vegetables** Cover with vented microwave cling film or suitable lid and reheat on 50P. Stir at least once during reheating.



**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)

## ADVICE FOR DEFROSTING

### Meat joints

Place in a flan dish, turn over at least 4 - 5 times during defrosting, shield any warm areas with small, flat pieces of foil. After defrosting, wrap in foil and allow meat to stand for 60 - 90 minutes, until thoroughly defrosted.



### Poultry

Place in a flan dish, turn over at least 3 - 4 times during defrosting, shield any warm areas with small, pieces of foil. After defrosting, wrap in foil and allow poultry to stand for 60-90 minutes, until thoroughly defrosted.

**NOTE:** Do not defrost poultry with giblets.



### Steak, Chops & Chicken Portions

Place in a flan dish, separate during defrosting and turn over at least 2-3 times. Shield if necessary.



### Cubed & Minced Meat

Place in a flan dish, stir or turn over at least 3-4 times during defrosting, remove defrosted parts each time. Please refer to the defrost chart on page 26.



### Whole fish & Fillets

Place in a flan dish, separate during defrosting and turn over at least twice. Shield if necessary.



### Prepacked Frozen Foods

Remove packaging, including any foil and place in a suitable dish.



#### NOTES:

- To defrost food, use either 30P or 10P microwave power.
- Shield warm areas with small pieces of foil if necessary.
- It is important to turn food over, separate (where appropriate) and rearrange to ensure even defrosting.
- Standing time is necessary to ensure thorough defrosting.
- Ensure food is defrosted thoroughly before use.

**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)**COOKBOOK****CONTENTS**

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**INTRODUCTION**

This Cookbook contains a wide variety of recipes developed specifically for your microwave oven. These will give you successful results and will save time and electricity. The recipes demonstrate the capabilities of your oven and prove that microwave technology is the efficient and effective alternative to conventional cooking.

The cookery notes below compliment all cooking procedures in this cookbook and should be read in advance of recipe preparation.

- Please weigh all meat and poultry prior to defrosting and cooking, as labelled weights are only approximate.
- Where dishes are covered use vented microwave cling film unless otherwise stated. Where dishes are lined, use greaseproof paper unless otherwise stated.
- Please note that all preparation times and serving quantities are approximate.
- All ingredients are given in both metric and imperial measures. Use either set but not a combination of both measures.
- Cooking times in the charts and recipes are based on standard conditions. Cooking results will vary according to the condition of foods, utensils and the oven. Please check the cooking result and, if necessary, adjust cooking times accordingly.
- Serve all dishes immediately unless otherwise stated.
- Butter and margarine can be interchanged on recipes, as preferred.
- Half-fat, skimmed or full-fat milk may be used in all recipes, as preferred.
- Where it is necessary to blend foods, use a food processor, liquidiser or press through a sieve.
- Chilled foods are to be cooked from 5°C. **DO NOT COOK FROM FROZEN.**
- Ambient/fresh/dried/canned foods are to be cooked from 20°C. **DO NOT COOK FROM FROZEN.**
- Frozen foods are to be cooked from -18°C.

**CONVERSION CHARTS**

| WEIGHT MEASURES |       | VOLUME MEASURES |                | SPOON MEASURES |              |
|-----------------|-------|-----------------|----------------|----------------|--------------|
| 15g             | 1/2oz | 30ml            | 1floz          | 1.25ml         | 1/4 teaspoon |
| 25g             | 1oz   | 100ml           | 3floz          | 2.5ml          | 1/2 teaspoon |
| 50g             | 2oz   | 150ml           | 5floz (1/4pt)  | 5ml            | 1 teaspoon   |
| 100g            | 4oz   | 300ml           | 10floz (1/2pt) | 15ml           | 1 tablespoon |
| 175g            | 6oz   | 600ml           | 20floz (1pt)   |                |              |
| 225g            | 8oz   |                 |                |                |              |
| 450g            | 1lb   |                 |                |                |              |

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## DEFROSTING CHART

| FOOD   | DEFROST TIME                 | MICRO POWER LEVEL | ▼ METHOD   | ● STANDING TIME |
|--|------------------------------|-------------------|--|-----------------|
| <b>Meat Joints (Beef,Lamb,Pork)</b>  | 28-30 Minutes/<br>450g (1lb) | 10P               | Place in a flan dish. Turn over 4-5 times during defrosting. Shield.           | 60-90 Minutes   |
| <b>Minced Meat</b>   | 6-8 Minutes/<br>450g (1lb)   | 30P               | Place on a plate. Turn over 3-4 times, removing defrosted mince each time.     | 15-30 Minutes   |
| <b>Steak 2cm (3/4") thick</b>  | 11-12 Minutes/<br>450g (1lb) | 30P               | Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.      | 15-30 Minutes   |
| <b>Chops</b>   | 20 Minutes/<br>450g (1lb)    | 30P               | Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.      | 15-30 Minutes   |
| <b>Liver</b>   | 9-10 Minutes/<br>450g (1lb)  | 30P               | Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.      | 15-30 Minutes   |
| <b>Sausages</b>  | 10-12 Minutes/<br>450g (1lb) | 30P               | Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.      | 15-20 Minutes   |
| <b>Bacon</b>   | 10-12 Minutes/<br>450g (1lb) | 30P               | Place on a plate. Separate and re-arrange twice during defrosting. Shield.     | 5-10 Minutes    |
| <b>Beefburgers</b>   | 10-12 Minutes/<br>450g(1lb)  | 30P               | Place on a plate. Turn over and separate twice during defrosting.              | 15-20 Minutes   |
| <b>❖ Whole Poultry (Chicken,Turkey,Duck)</b>   | 20-22 Minutes/<br>450g(1lb)  | 10P               | Place in a flan dish. Turn 4-5 times, during defrosting. Shield.               | 60-90 Minutes   |
| <b>Chicken Portions</b>  | 8-9 Minutes/<br>450g (1lb)   | 30P               | Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.      | 25-30 Minutes   |
| <b>Chicken/Turkey Breasts &amp; Drumsticks</b>   | 10-12 Minutes/<br>450g(1lb)  | 30P               | Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.      | 15-30 Minutes   |
| <b>Minced Turkey</b>   | 10-12 Minutes/<br>450g(1lb)  | 30P               | Place in a bowl. Turn 3-4 times, removing defrosted mince each time.           | 15-20 Minutes   |
| <b>Whole Fish (Trout, Mackerel)</b>  | 8-9 Minutes/<br>450g(1lb)    | 30P               | Place in a flan dish. Separate and re-arrange twice during defrosting. Shield. | 15 Minutes      |
| <b>Fish Fillets/Steaks</b>   | 8-9 Minutes/<br>450g (1lb)   | 30P               | Place in a flan dish. Separate and re-arrange twice during defrosting. Shield. | 15 Minutes      |
| <b>Apples/Blackcurrants<br/>Redcurrants/Raspberries<br/>Blackberries/Gooseberries<br/>Rhubarb/Strawberries</b> | 7-8 Minutes/<br>450g(1lb)    | 30P               | Place in a dish. Stir during defrosting. Shield.                               | 15-20 Minutes   |
| <b>Bread (sliced)</b>  | 6 Minutes/<br>400g(14oz)     | 30P               | Place on the turntable. Separate and rearrange during defrosting.              | 5-10 Minutes    |
| <b>Pastry (Puff or Shortcrust)</b>   | 5 Minutes/<br>450g(1lb)      | 30P               | Place on a plate. Turn over half way through defrosting.                       | 10-15 Minutes   |
| <b>Meat &amp; Fruit Pies (cooked)</b>  | 7 Minutes/<br>large pie      | 30P               | Remove from foil container. Place in a flan dish.                              | 15-20 Minutes   |

**NOTE:** Do not use the rack for defrosting.

- ▼ Method: If shielding is necessary, use small pieces of foil.
- ❖ Poultry: Chicken, turkey and duck must be defrosted without giblets.
- Standing Time: During recommended standing time, wrap or cover food in foil.

**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)**COOKING CHARTS**

| FOOD   | COOKING TIME                 | MICRO POWER LEVEL | ▼ METHOD  | ● STANDING TIME |
|--|------------------------------|-------------------|---|-----------------|
| <b>Aubergines &amp; Broccoli (fresh)</b>               | 6 Minutes/<br>225g (8oz)     | 100P              | Slice. Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.                  | 2 Minutes       |
| <b>Beans (green - fresh)</b>                           | 6 Minutes/<br>225g (8oz)     | 100P              | Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.                         | 2 Minutes       |
| <b>Brussels Sprouts (fresh)</b>                        | 6 Minutes/<br>225g (8oz)     | 100P              | Add 45ml (3 tbsp) water. Cover. Stir halfway through cooking.                             | 2 Minutes       |
| <b>Cabbage, Carrots, Cauliflower, Celery</b>           | 6 Minutes/<br>225g (8oz)     | 100P              | Slice or break into florets. Add 30ml (2tbsp) water. Cover. Stir halfway through cooking. | 2 Minutes       |
| <b>Corn on the Cob (fresh)</b>                         | 7 Minutes/<br>225g (8oz)     | 100P              | Add 45ml (3tbsp) water. Cover. Stir 1/2 through cooking.                                  | 2 Minutes       |
| <b>Courgettes &amp; Leeks (fresh)</b>                  | 5 Minutes/<br>225g (8oz)     | 100P              | Slice. Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.                  | 2 Minutes       |
| <b>Parsnips &amp; Leaf Spinach (fresh)</b>             | 6 Minutes/<br>225g (8oz)     | 100P              | Slice. Add 45ml (3tbsp) water. Cover. Stir halfway through cooking.                       | 2 Minutes       |
| <b>Peas (fresh)</b>                                    | 5 Minutes/<br>225g (8oz)     | 100P              | Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.                         | 2 Minutes       |
| <b>Potatoes, Jacket (250g/9oz - each)</b>              | 12 Minutes/<br>2 potatoes    | 100P              | Pierce in several places. Place on the edge of the turntable.                             | 5 Minutes       |
| <b>Potatoes, Boiled (old &amp; new - fresh)</b>        | 11-12 Minutes/<br>450g (1lb) | 100P              | Cut into quarters. Add 60ml (4tbsp) water. Cover. Stir halfway through cooking.           | 4 Minutes       |
| <b>Swede &amp; Turnips (fresh)</b>                     | 8 Minutes/<br>225g (8oz)     | 100P              | Dice. Add 45ml (3tbsp) water. Cover dish. Stir halfway through cooking.                   | 2 Minutes       |
| <b>Beans &amp; Cabbage (green - frozen)</b>            | 6 Minutes/<br>225g (8oz)     | 100P              | Place in dish. Add 15ml (1tbsp) water. Cover dish. Stir halfway through cooking.          | 2 Minutes       |
| <b>Broccoli, Spinach / Brussels Sprouts (frozen)</b>   | 7 Minutes/<br>225g (8oz)     | 100P              | Place in dish. Add 15ml (1tbsp) water. Cover dish. Stir halfway through cooking.          | 2 Minutes       |
| <b>Carrots - sliced (frozen)</b>                       | 7 Minutes/<br>225g (8oz)     | 100P              | Place in dish. Add 15ml (1tbsp) water. Cover dish. Stir halfway through cooking.          | 3 Minutes       |
| <b>Cauliflower florets (frozen)</b>                    | 6 Minutes/<br>225g (8oz)     | 100P              | Place in dish. Add 15ml (1tbsp) water. Cover dish. Stir halfway through cooking.          | 2 Minutes       |
| <b>Corn on the Cob (frozen)</b>                        | 12 Minutes/<br>2 cobs        | 100P              | Place in dish. Cover dish. Turnover halfway through cooking.                              | 3 Minutes       |
| <b>Peas, Sweetcorn &amp; Mixed Vegetables (frozen)</b> | 6 Minutes/<br>225g (8oz)     | 100P              | Place in dish. Cover dish. Stir halfway through cooking.                                  | 2 Minutes       |
| <b>Apples &amp; Rhubarb</b>                            | 6 Minutes/<br>450g (1lb)     | 100P              | Peel & slice. Place in a dish and cover. Stir during cooking.                             | 2 Minutes       |
| <b>Blackberries/Raspberries/Redcurrants</b>            | 6 Minutes/<br>450g (1lb)     | 100P              | Place in a dish and cover. Stir during cooking.   | 2 Minutes       |

**NOTE:**

- Prior to cooking fresh vegetables and fruit are at ambient temperature (20°C)
- Frozen vegetables are cooked from -18°C.

**Website:** <http://www.sharp.co.uk/support>

**Help Line:** 08705 274277 (office hours)



## COOKING CHARTS

| FOOD   | * COOKING TIME  | MICRO POWER LEVEL | METHOD  | ● STANDING TIME |
|--|---|-------------------|---|-----------------|
| <b>White rice (long grain)</b>                   | 14 - 15 Minutes   | 70P               | Add 300ml (1/2 pint) boiling water/100g (4oz) rice. Do not cover. Stir twice during cooking.  | 2 Minutes       |
| <b>Brown rice</b>                                | 20 - 21 Minutes   | 70P               | Add 400ml (14fl.oz) boiling water/100g (4oz) rice. Do not cover. Stir twice during cooking.   | 2 Minutes       |
| <b>DRIED PASTA</b>                               |   |                   |   |                 |
| <b>Spaghetti (short cut)</b>                     | 11 - 12 Minutes   | 70P               | Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.   | 2 Minutes       |
| <b>Macaroni (short cut)</b>                      | 12 - 13 Minutes   | 70P               | Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.   | 2 Minutes       |
| <b>Tagliatelle</b>                               | 10 - 11 Minutes   | 70P               | Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.   | 2 Minutes       |
| <b>Pasta shells</b>                              | 11 - 12 Minutes   | 70P               | Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.   | 2 Minutes       |
| <b>FRESH PASTA (CHILLED):</b>                    |   |                   |   |                 |
| <b>Spaghetti/Tagliatelle</b>                     | 3 - 5 Minutes   | 70P               | Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.   | 2 Minutes       |
| <b>Fusilli/Penne/Conchiglie/Farfalle</b>         | 3 - 5 Minutes   | 70P               | Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.   | 2 Minutes       |
| <b>Ravioli</b>                                   | 6 - 8 Minutes   | 70P               | Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.   | 2 Minutes       |
| <b>Tortellini (white)</b>                        | 6 - 8 Minutes   | 70P               | Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.   | 2 Minutes       |
| <b>Tortellini (brown)</b>                        | 8 - 10 Minutes  | 70P               | Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.   | 2 Minutes       |
| <b>EGGS</b>                                      |   |                   |   |                 |
| <b>Omelette</b>                                  | 15g (1/2oz) butter<br>4 eggs (size 3)<br>90ml (6tbsp) milk<br>salt & pepper | 100P              | 1 Whisk together eggs and milk. Season.<br>2 Place butter in a 25.4cm (10") flan dish. Heat on 100P for 1 minute, until melted. Coat the dish with the melted butter.<br>3 Pour omelette mixture into flan dish. Cook on 100P for 2 minutes. Whisk mixture and cook again on 100P for 4 minute. | 30 Seconds      |
| <b>Scrambled</b>                                 | 15g (1/2oz) butter<br>2 eggs (size 3)<br>30ml (2tbsp) milk<br>salt & pepper | 70P               | 1 Melt the butter in a bowl on 70P for 30 seconds.<br>2 Add the eggs, milk and seasoning and mix well.<br>3 Cook on 70P for 3 minutes, stirring every 30 seconds.   | 30 Seconds      |
| <b>FISH</b>                                      |   |                   |   |                 |
| <b>Fish Fillets</b>                              | 6 - 7 Minutes<br>450g (1lb)   | 70P               | Place in a flan dish.<br>Cover with cling film.   | 2-3 Minutes     |
| <b>Whole fish &amp; Steaks (Trout, Mackerel)</b> | 6 - 7 Minutes<br>450g (1lb)   | 70P               | Place in a flan dish.<br>Cover with cling film.   | 3-4 Minutes     |

- \* Cooking Time: Cooking time is constant for any quantity of rice or pasta, quantity of boiling water has to be adjusted according to quantity of rice or pasta, see Method.
- Standing Time (rice & pasta only): After standing, rinse in boiling water prior to serving.
- Eggs and fresh pasta are cooked from chilled (5°C)

**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)**REHEATING CHART**

| FOOD  | COOKING TIME  | MICRO POWER LEVEL | METHOD   | STANDING TIME              |
|---|---|-------------------|--|----------------------------|
| <b>Canned Foods</b><br>(Soup, Baked beans, Spaghetti, Vegetables) | 6-7 Minutes/<br>425g (15oz) can   | 70P               | Remove from can. Place in a dish and cover. Stir halfway through cooking.      | 2 Minutes                  |
| <b>Bread rolls</b><br><b>Croissants</b>                           | 40-50 Seconds/<br>2 croissants/2 rolls  | 70P               | Place on kitchen roll.   | Nil                        |
| <b>Christmas pudding</b>  | 40 Seconds/125g (5oz) slice<br>1 Minute/175g (6oz) pudding                          | 70P               | Place in a flan dish. Do not exceed cooking time advised by food manufacturer. | 30 Seconds                 |
| <b>Sausage rolls</b><br>(cooked, chilled approx. 50g (2oz) each)  | 50 Seconds/2 sausage rolls<br>1 Minute/4 sausage rolls<br>2 Minutes/6 sausage rolls | 70P               | Place in a flan dish. Do not exceed cooking time advised by food manufacturer. | 30 Seconds                 |
| <b>Quiche,</b><br>(cooked, chilled)                               | 5-6 Minutes/small quiche<br>7-8 Minutes/large quiche                                | 70P               | Place directly on the turntable or in a flan dish.                             | 1-2 Minutes<br>2-3 Minutes |
| <b>Meat pie</b><br>(cooked, chilled)                              | 5-6 Minutes/small pie<br>9-10 Minutes/large pie                                     | 70P               | Remove from foil container and place in flan dish or on plate.                 | 2-3 Minutes<br>3-4 Minutes |
| <b>Fruit pie</b><br>(cooked, chilled)                             | 20-30 Seconds/50g-70g<br>4-5 Minutes/450g (1lb)<br>6-7 minutes/600g (1lb 5oz)       | 50P               | Remove from foil container and place in flan dish or on plate.                 | 1-2 Minutes<br>2-3 Minutes |

**NOTE:** Take care when heating foods with high sugar or fat content, for example, Christmas pudding and mince pies.  
DO NOT EXCEED REHEATING TIMES GIVEN IN CHART ABOVE.

**GRILLING CHART**

| FOOD                            | COOKING TIME                 | METHOD  | COOKING MODE |
|---------------------------------|------------------------------|---|--------------|
| <b>Bacon</b>                    | 14 Minutes/<br>2-6 rashers   | Place in a flan dish on the rack. Turn over halfway through cooking.  | GRILL        |
| <b>Beef/Gammon Steak</b>        | 16-18 minutes/<br>1-2 steaks | Place on the rack. Turn over halfway through cooking.   | GRILL        |
| <b>Fish fingers</b><br>(frozen) | 16 minutes/<br>2-12 fingers  | Place on the rack. Turn over halfway through cooking.   | GRILL        |
| <b>Toast</b>                    | 8 minutes/<br>2-4 slices     | Place on the rack. Turn over after 5 minutes.   | GRILL        |
| <b>Cheese on toast</b>          | 14 minutes/<br>2 slices      | Place bread on the rack. Grill one side for 4 minutes, turn over and cover with 50 g grated cheese. Grill for remaining time. | GRILL        |
| <b>Tea cakes and muffins</b>    | 10-12 minutes/<br>2-4 halves | Slice in half. Place on the rack. Turn over halfway through cooking.  | GRILL        |
| <b>Crumpets</b>                 | 14 minutes/<br>2-4 crumpets  | Place on the rack. Turn over halfway through cooking.   | GRILL        |
| <b>Pitta Bread</b>              | 7 minutes/<br>1-2 pittas     | Place on the rack. Turn over halfway through cooking.   | GRILL        |
| <b>Croissants</b>               | 6 minutes/<br>1-4 croissants | Place on the rack. Turn over halfway through cooking.   | GRILL        |

**NOTE:**

- Ambient foods are reheated from 20°C.
- Chilled foods are reheated/cooked from 5°C.

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## DUAL GRILL CHART

| FOOD  | COOKING TIME                            | METHOD  | COOKING MODE  |
|---|---|---|---|
| <b>Beef rare</b>                            | 12-13 Minutes per 450g (1lb)            | Place fat side down in a flan dish on the turntable. Calculate the cooking time.<br>Use sequence programming:<br><b>Stage 1:</b> Cook on 50P for first half of cooking time. Turn over, remove juices.<br><b>Stage 2:</b> Cook on 50P for second half of cooking time.<br><b>Stage 3:</b> Cook on DUAL GRILL, 50P for the final 6 - 8 minutes of cooking time.<br>Stand for 10 minutes after cooking. | Stage 1:<br>50 P<br><br>Stage 2:<br>50 P.<br><br>Stage 3:<br>DUAL GRILL.<br>50 P. |
| <b>Beef/Lamb medium</b>                     | 14-15 Minutes per 450g (1lb)            | As above.   | As above  |
| <b>Beef/Lamb (Well done)</b>                | 18-19 Minutes per 450g (1lb)            | As above.   | As above  |
| <b>Pork</b>                                 | 21-22 Minutes per 450g (1lb)            | Place fat side down in a flan dish on the turntable. Calculate the cooking time.<br><b>Stage 1:</b> Cook on 50P throughout, apart from the last 10 minutes. Turn over, remove juices halfway through Stage 1.<br><b>Stage 2:</b> Cook on DUAL GRILL, 50P for the final 6-8 minutes of cooking time. Stand for 10 minutes after cooking.   | Stage 1:<br>50 P<br><br>Stage 2:<br>DUAL GRILL.<br>50 P.                          |
| <b>Poultry (Max. 1.8kg 4lb)</b>             | 13-15 Minutes per 450g (1lb)            | Place breast side down in a flan dish on the turntable. Calculate the cooking time.<br>Use sequence programming.<br><b>Stage 1:</b> Cook on 100P throughout, apart from the last 6-8 minutes. Turn over, remove juices halfway through Stage 1.<br><b>Stage 2:</b> Cook on DUAL GRILL, 50P for the final 6 - 8 minutes of cooking time.<br>Stand for 10 minutes after cooking.                        | Stage 1:<br>100 P.<br><br>Stage 2:<br>DUAL GRILL.<br>50 P.                        |
| <b>Chicken Portions</b>                     | 13-15 Minutes per 450g (1lb)            | Place best side down in a flan dish on the rack. Calculate the cooking time.<br>Use Multiple Sequence cooking. (Page 16).<br><b>Stage 1:</b> Cook on 100P throughout cooking time, apart from the last 6 - 8 minutes. Turn over, remove juices halfway through Stage 1.<br><b>Stage 2:</b> Cook on DUAL GRILL, 50P for the final 6 - 8 minutes of cooking time.<br>Stand for 5 minutes after cooking. | Stage 1:<br>100 P.<br><br>Stage 2:<br>DUAL GRILL.<br>50 P.                        |
| <b>Pork chops (with bone)</b>               | 15-16 Minutes per 450g (1lb) chops      | Place in a flan dish on the rack. Turn over halfway through cooking. Stand for 3 - 4 minutes after cooking.   | DUAL GRILL.<br>50 P.  |
| <b>Lamb chops &amp; Boneless Pork Chops</b> | 15 Minutes per 450g (1lb) chops         | As above.   | DUAL GRILL.<br>50 P.  |
| <b>Sausage (thick)</b>                      | 12 Minutes per 450g (1lb) sausages      | Place in a flan dish on the rack. Turn over after halfway through cooking. Stand for 2 - 3 minutes after cooking.   | DUAL GRILL.<br>50 P.  |
| <b>Beefburgers (frozen)</b>                 | 9-10 Minutes per 450g (1lb) beefburgers | As above.   | DUAL GRILL.<br>30 P.  |

**NOTE:**

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.



**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)**DUAL GRILL CHART**

| FOOD                                      | COOKING TIME                             | METHOD   | COOKING MODE  |
|---|--|--|---|
| <b>Crispy crumb foods (chilled)</b>       | 9-10 Minutes for 100g (4oz)              | Place in a flan dish on the rack. Use Multiple Sequence cooking. (Page 16).<br><b>Stage 1:</b> Cook on DUAL GRILL, 30P for the first half of cooking time. Turn over.<br><b>Stage 2:</b> GRILL for second half of cooking time. Stand for 2-3 minutes after cooking. | Stage 1:<br>DUAL GRILL.<br>30 P<br>Stage 2:<br>GRILL. |
|   | 11-12 Minutes for 200g (7oz)             | As above.  | Stage 1:<br>DUAL GRILL.<br>30 P<br>Stage 2:<br>GRILL. |
|   | 12-13 Minutes for 400g (14oz)            | As above.  | Stage 1:<br>DUAL GRILL.<br>30 P<br>Stage 2:<br>GRILL. |
| <b>Crispy crumb foods (frozen)</b>        | 10 Minutes for 100g (4oz)                | Place in a flan dish on the rack. Turn over halfway through cooking. Stand for 2-3 minutes after cooking.  | DUAL GRILL.<br>50 P.                                  |
|   | 11-12 Minutes for 200g (7oz)             | As above.  | DUAL GRILL.<br>50 P.                                  |
|   | 12-13 Minutes for 400g (14oz)            | As above.  | DUAL GRILL.<br>50 P.                                  |
| <b>Oven ready Pizza (chilled)</b>         | 5 Minutes for 200g (7oz)                 | Place in a flan dish on the rack. Stand for 2-3 minutes after cooking.   | DUAL GRILL.<br>50 P.                                  |
|   | 7 Minutes for 350g (12oz)                | As above.  | DUAL GRILL.<br>50 P.                                  |
|   | 8 Minutes for 450g (1lb)                 | As above.  | DUAL GRILL.<br>50 P.                                  |
| <b>Oven chips (frozen) (standard cut)</b> | 11 Minutes for 225g (8oz)                | Place in a flan dish on the rack. Turn over halfway through cooking. No standing time is required.   | DUAL GRILL.<br>30 P.                                  |
|   | 12-13 Minutes for 450g (1lb)             | As above.  | DUAL GRILL.<br>30 P.                                  |
| <b>Baked potatoes</b>                     | 16-17 Minutes for 2 potatoes (250g each) | Pierce each potato in several places. Place in a flan dish on the turntable. Turn over after 8 minutes of the cooking time. No standing time is required.  | DUAL GRILL.<br>70 P.                                  |
| <b>Garlic Bread (chilled)</b>             | 6 Minutes for 1 baguette                 | Remove any packaging. Place in a flan dish on the turntable. No standing time is required.   | DUAL GRILL.<br>10 P.                                  |
| <b>Toasted Sandwich</b>                   | 6 Minutes for 1 sandwich                 | Prepare sandwich:<br>Place two slices of ham and 50g (2oz) grated cheese between 2 slices of bread and butter. Place sandwich in a flan dish on the rack. Turn over after 3 minutes of the cooking time. No standing time is required.                               | DUAL GRILL.<br>10 P.                                  |

**NOTE:**

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)

## RECIPES FOR MEAL IN ONE MENUS

### d-1 PASTA DISH

#### PASTA BOLOGNESE

Serves 4

75g (3oz) onion, finely chopped  
 50g (2oz) celery, finely chopped  
 2 cloves garlic, crushed  
 1 bay leaf  
 200g (7oz) canned, chopped tomatoes  
 15ml (1tbsp) tomato puree  
 300g (11oz) lean minced beef  
 5ml (1tsp) dried mixed herbs  
 150ml (1/4 pint) red wine  
 450ml (3/4 pint) hot beef stock  
 salt and pepper to taste  
 150g (5 1/2oz) dried pasta

#### PASTA "QUORN" BOLOGNESE

Serves 4

75g (3oz) onion, finely chopped  
 50g (2oz) celery, finely chopped  
 2 cloves garlic, crushed  
 1 bay leaf  
 200g (7oz) canned, chopped tomatoes  
 15ml (1tbsp) tomato puree  
 300g (1lb) Quorn mince  
 5ml (1tsp) dried mixed herbs  
 150ml (1/4 pint) red wine  
 450ml (3/4 pint) hot vegetable stock  
 salt and pepper to taste  
 150g (5 1/2oz) dried pasta

- 1 Place all ingredients into a 2.5L casserole dish and mix well.
- 2 Place on the turntable. **Do not cover.**
- 3 Cook using MEAL IN ONE "Pasta Dish" key.
- 4 Stir when the oven indicates and again at the end of cooking.

#### NOTE:

- Use standard pasta (uncooked).
- "Quick cook" pasta is not recommended for use in the above recipes.
- "Quorn" mince can be used from frozen or fresh.

**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)**RECIPES FOR MEAL IN ONE MENUS****d-2 RISOTTO****BEEF RISOTTO**

Serves 4

50g (2oz) onion, chopped  
 50g (2oz) celery, sliced  
 50g (2oz) green pepper, seeded and sliced  
 50g (2oz) red pepper, seeded and sliced  
 125g (5oz) beef fillet, thinly sliced into 2" strips  
 1.25ml (1/4tsp) cayenne pepper  
 2.5ml (1/2tsp) ground cumin  
 grated rind of 1/2 lemon  
 50g (2oz) canned sweetcorn, drained  
 100g (4oz) white long grain rice  
 400ml (2/3pint) hot beef stock  
 salt and pepper to taste

**FISH RISOTTO**

Serves 4

50g (2oz) onion, chopped  
 50g (2oz) celery, sliced  
 50g (2oz) green pepper, seeded and sliced  
 50g (2oz) red pepper, seeded and sliced  
 125g (5oz) white fish fillet, thinly sliced into 2" strips  
 1.25ml (1/4tsp) cayenne pepper  
 2.5ml (1/2tsp) ground cumin  
 grated rind of 1/2 lemon  
 50g (2oz) canned sweetcorn, drained  
 100g (4oz) white long grain rice  
 400ml (2/3pint) hot fish stock  
 salt and pepper to taste

**CHICKEN RISOTTO**

Serves 4

50g (2oz) onion, chopped  
 50g (2oz) celery, sliced  
 50g (2oz) green pepper, seeded and sliced  
 50g (2oz) red pepper, seeded and sliced  
 125g (5oz) chicken fillet, thinly sliced into 2" strips  
 1.25ml (1/4tsp) cayenne pepper  
 2.5ml (1/2tsp) ground cumin  
 grated rind of 1/2 lemon  
 50g (2oz) canned sweetcorn, drained  
 100g (4oz) white long grain rice  
 400ml (2/3pint) hot chicken stock  
 salt and pepper to taste

**VEGETABLE RISOTTO**

Serves 4

50g (2oz) onion, chopped  
 50g (2oz) celery, sliced  
 50g (2oz) green pepper, seeded and sliced  
 50g (2oz) red pepper, seeded and sliced  
 50g (2oz) broccoli florets  
 75g (3oz) carrot, sliced  
 1.25ml (1/4tsp) cayenne pepper  
 2.5ml (1/2tsp) ground cumin  
 grated rind of 1/2 lemon  
 50g (2oz) canned sweetcorn, drained  
 100g (4oz) white long grain rice  
 400ml (2/3pint) hot vegetable stock  
 salt and pepper to taste

- 1 Place all ingredients into a 2.5L casserole dish and mix well.
- 2 Place on the turntable. **Do not cover.**
- 3 Cook using MEAL IN ONE "Risotto" key.
- 4 Stir when the oven indicates and again at the end of cooking.

**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)

## RECIPES FOR MEAL IN ONE MENUS

### d-3 GRATIN

#### SPINACH GRATIN

Serves 4

55g (2oz) onion, sliced  
 2 cloves garlic, crushed  
 225g (3oz) cooked spinach, chopped  
 55g (2oz) celery, sliced  
 55g (2oz) yellow peppers, sliced  
 95g (4oz) courgettes, sliced  
 300g (12oz) canned, chopped tomatoes  
 2.5ml ( $\frac{1}{2}$ tsp) dried basil  
 2.5ml ( $\frac{1}{2}$ tsp) mustard powder  
 salt and pepper to taste  
 450g (1lb) cooked potatoes, sliced  
 95g (4oz) Double Gloucester cheese, grated  
 2 eggs (size 3)  
 110ml (4fl.oz) single cream

#### CHICKEN GRATIN

Serves 4

55g (2oz) onion, sliced  
 2 cloves garlic, crushed  
 340g (12oz) cooked chicken, chopped  
 95g (4oz) courgettes, sliced  
 300g (12oz) canned, chopped tomatoes  
 2.5ml ( $\frac{1}{2}$ tsp) dried basil  
 2.5ml ( $\frac{1}{2}$ tsp) mustard powder  
 salt and pepper to taste  
 450g (1lb) cooked potatoes, sliced  
 95g (4oz) Double Gloucester cheese, grated  
 2 eggs (size 3)  
 110ml (4fl.oz) single cream

#### FISH GRATIN

Serves 4

55g (2oz) onion, sliced  
 2 cloves garlic, crushed  
 340g (13oz) cooked white fish fillet, chopped  
 95g (4oz) courgettes, sliced  
 300g (12oz) canned, chopped tomatoes  
 2.5ml ( $\frac{1}{2}$ tsp) dried basil  
 2.5ml ( $\frac{1}{2}$ tsp) mustard powder  
 salt and pepper to taste  
 450g (1lb) cooked potatoes, sliced  
 95g (4oz) Double Gloucester cheese, grated  
 2 eggs (size 3)  
 110ml (4fl.oz) single cream

- 1 Mix all ingredients together in a bowl except, potatoes, cheese, eggs and cream.
- 2 Place half of this mixture in the bottom of a round pyrex dish (24cm diameter x 4cm).
- 3 Layer half the potatoes on top and sprinkle with half the cheese.
- 4 Repeat with the remaining mixture, finishing with a layer of potatoes.
- 5 Mix the eggs and cream together and pour over the gratin. Sprinkle with the remaining cheese.
- 6 Place on the turntable and cook using MEAL IN ONE "Gratin" key.

#### NOTES:

- The above recipes are ideal for using leftovers from meals such as roast chicken.  
We recommend to chill chicken and fish before using in the recipes.
- Canned potatoes can be used in place of cooking fresh potatoes.  
Canned or frozen spinach can be used in place of cooking fresh spinach.
- PLEASE ENSURE WHERE STATED, THESE INGREDIENTS ARE COOKED BEFORE USING THEM IN GRATIN.

**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)**RECIPES****TOMATO & ORANGE SOUP****Serves 4****Preparation time - 10 minutes**

25g (1oz) butter  
 125g (5oz) onion, chopped  
 1 large carrot, finely chopped  
 1 large potato, finely chopped  
 800g (1<sup>3</sup>/<sub>4</sub>lb) canned, chopped tomatoes  
 juice and grated rind of 1 medium orange  
 900ml (1<sup>1</sup>/<sub>2</sub> pints) hot vegetable stock  
 salt and pepper to taste

- 1 Melt the butter in a large bowl on 100P for 30 seconds.
- 2 Add the onion, carrot and potato and heat on 100P for 6 minutes. Stir halfway through cooking.
- 3 Add the tomatoes, orange juice, orange rind and stock. Mix thoroughly. Season with salt and pepper to taste. Cover the bowl and cook on 100P for 15 minutes, stir 2-3 times during cooking, until the vegetables are tender.
- 4 Blend in a food processor. Return to bowl and heat on 100P for 5 minutes.

**MUSHROOM SOUP****Serves 4****Preparation time - 6 minutes**

125g (5oz) onion, chopped  
 225g (8oz) mushrooms, sliced  
 25g (1oz) butter  
 25g (1oz) plain flour  
 300ml (1<sup>1</sup>/<sub>2</sub> pint) milk  
 450ml (3<sup>3</sup>/<sub>4</sub> pint) hot vegetable stock  
 2.5ml (1<sup>1</sup>/<sub>2</sub> tsp) dried marjoram  
 2.5ml (1<sup>1</sup>/<sub>2</sub> tsp) dried basil  
 salt and pepper to taste  
 150ml (1<sup>1</sup>/<sub>4</sub> pint) double cream

- 1 Cook the onion, mushrooms and butter together in a bowl on 100P for 3 minutes.
- 2 Stir in the flour to form a paste, gradually add the milk and stock.
- 3 Stir in the marjoram, basil, salt and pepper to taste. Cook on 100P for 8 minutes, stir after 4 minutes.
- 4 Blend and add the cream, cook on 100P for 6 minutes.

**FRENCH ONION SOUP****Serves 4****Preparation time - 8 minutes**

350g (13oz) onion, sliced  
 15ml (1tbsp) vegetable oil  
 50g (2oz) plain flour  
 1.2 litres (2 pints) hot meat or vegetable stock  
 salt and pepper to taste  
 30ml (2tbsp) parsley, chopped  
 4 thick slices French bread  
 50g (2oz) cheese, grated

- 1 Place the onion and oil in a bowl, mix well and heat on 100P for 1 minute.
- 2 Stir in the flour to make a paste and gradually add stock. Season and add the parsley.
- 3 Cover the bowl and cook on 70P for 18 minutes.
- 4 Pour the soup into serving bowls, submerge bread and sprinkle generously with cheese.
- 5 Heat on 70P for 2 minutes, until the cheese has melted.

**Variation:**

**Lentil and bacon soup:** Make as above. After Stage 2, add 50g (2oz) cooked lentils and 2 rashers of bacon (cooked and chopped). Omit the French bread and grated cheese.

**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)

## RECIPES

### POACHED SALMON WITH MUSTARD SAUCE

Serves 4

Preparation time - 5 - 6 minutes

4 salmon steaks (approx. 175g (6oz) each)  
 45ml (3tbsp) dry white wine  
 300ml (1½ pint) mustard sauce (See Page 38)  
 sprig of fresh rosemary to garnish

- 1 Place the salmon steaks in a large flan dish, pierce in several places and add the wine. Cover and cook on 70P for 8 minutes. Allow to stand whilst preparing the sauce.
- 2 Place the salmon steaks in a warm serving dish, reheat on 70P for 2 minutes. Serve the sauce separately.

### TROUT WITH ORANGE & ALMONDS

Serves 2

Preparation time - 6 minutes

2 medium trout (approx, 225g (8oz) each)  
 salt and pepper to taste  
 juice and rind of one orange  
 50g (2oz) flaked almonds  
 slices of orange to garnish

- 1 Wash the trout. Discard heads and tails and pat dry. Place in a large flan dish, pierce in several places. Season. Pour over the orange juice. Sprinkle with the rind and flaked almonds 2 minutes before the end of the cooking sequence.
- 2 Place on the rack, cook on 50P for 5 minutes, and then DUAL GRILL 50P for 2-4 minutes. Garnish with slices of orange.

### FISH PIE

Serves 4

Preparation time - 18 minutes

675g (1½lb) potatoes, peeled and chopped  
 75ml (5tbsp) water  
 25g (1oz) butter  
 30 - 60ml (2-4tbsp) milk  
 salt and pepper to taste  
 450g (1lb) fish fillets (e.g. fresh cod)  
 300ml (1½ pint) parsley sauce (See Page 39)  
 25g (1oz) cheese, grated

- 1 Place potatoes in a bowl, add 75ml (5tbsp) water. Cover and cook on 100P for 14 minutes, until soft enough to mash. Mash with butter, milk and seasoning.
- 2 Place fish in a flan dish in a single layer, cover and cook on 70P for 7 minutes. Flake the fish and mix with the parsley sauce. Pour into a flan or casserole dish. Spread the potatoes on top and sprinkle with the grated cheese.
- 3 Cook on DUAL GRILL 50P for 10 minutes, until the cheese has melted.

### PAELLA

Serves 4

Preparation time - 5 - 6 minutes

200g (7oz) white long grain rice  
 600ml (1 pint) boiling chicken stock  
 2.5ml (½tsp) turmeric  
 salt to taste  
 1 red pepper, seeded and sliced  
 100g (4oz) prawns, cooked  
 100g (4oz) peas  
 100g (4oz) cockles, cooked  
 100g (4oz) mussels, cooked  
 100g (4oz) baby corn  
 225g (8oz) chicken, cooked and chopped

- 1 Place the rice in a large bowl, add the stock, turmeric and salt. Cook on 70P for 14-15 minutes, until the rice is tender, stir 2-3 times during cooking. Drain.
- 2 Stir in red pepper, prawns, peas, cockles, mussels, baby corn and chicken. Cook on 100P for 8 minutes, stirring after 4 minutes.

An excellent party or supper dish.

**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)**RECIPES****STROGANOFF****Serves 4****Preparation time - 10 - 12 minutes**

800g (1<sup>3</sup>/<sub>4</sub> lb) rump steak, cut into strips  
 50g (2oz) plain flour  
 salt and pepper to taste  
 125g (5oz) onion, finely chopped  
 30ml (2tbsp) tomato purée  
 450ml (3<sup>3</sup>/<sub>4</sub> pint) hot beef stock  
 150ml (1<sup>1</sup>/<sub>4</sub> pint) white wine  
 30ml (2tbsp) cornflour blended with water  
 100g (4oz) mushrooms, thinly sliced  
 150ml (1<sup>1</sup>/<sub>4</sub> pint) soured cream

- 1 Toss the steak in the flour, salt and pepper, until evenly coated.
- 2 Place the steak, remaining flour, onion, tomato purée, stock and wine in a casserole dish. Cover and cook on 50P for 30 minutes. Stir 2-3 times during cooking.
- 3 Stir in cornflour, mushrooms and cream. Leave uncovered and cook on 50P for 8 minutes.

Ideal served on a bed of tagliatelle or rice.

**MOUSSAKA****Serves 6****Preparation time - 45 minutes**

450g (1lb) aubergines, thinly sliced  
 30ml (2tbsp) olive oil  
 225g (8oz) onion, chopped  
 15ml (1tbsp) fresh parsley, chopped  
 2 cloves garlic, crushed  
 350g (13 oz) minced lamb  
 150ml (1<sup>1</sup>/<sub>4</sub> pint) hot stock  
 400g (14oz) canned chopped tomatoes  
 30ml (2tbsp) tomato purée  
 salt and pepper to taste  
 300ml (1<sup>1</sup>/<sub>2</sub> pint) cheese sauce (See Page 38)  
 200g (7oz) cheese, grated

- 1 Sprinkle aubergines with salt and leave to drain on kitchen paper for 30 minutes. Heat 15ml (1tbsp) olive oil, onions, parsley and garlic on 100P for 30 sec. Stir in meat, mix well and cook on 100P for 4-5 minutes, stirring twice.
- 2 Add stock, tomatoes, purée and seasoning. Stir well and cook on 100P for 8 minutes.
- 3 Rinse salt from aubergines and pat dry with kitchen paper. Place in a bowl with remaining oil. Cover and cook on 100P for 4 minutes.
- 4 Use 2/3 of the aubergines to cover bottom and sides of a 1.5 litre casserole dish. Add meat and top with remaining aubergines.
- 5 Pour the sauce over the aubergines and sprinkle with the cheese.
- 6 Cook on 50P for 15 minutes and DUAL GRILL 50P for 10 minutes.

**CASSEROLE****Serves 4****Preparation time - 15 minutes**

60ml (4tbsp) plain flour  
 7.5ml (1<sup>1</sup>/<sub>2</sub>tsp) salt  
 7.5ml (1<sup>1</sup>/<sub>2</sub>tsp) pepper  
 15ml (1tbsp) dried mixed herbs  
 500g (1lb2oz) braising steak, diced  
 3 streaky bacon rashers, chopped  
 25g (1oz) butter  
 100g (4oz) carrot, sliced  
 300g (11oz) baby onions (whole)  
 200ml (7fl.oz) hot beef stock  
 200ml (7fl.oz) red wine  
 50g (2oz) button mushrooms, sliced

- 1 Mix together the flour, salt, pepper and herbs. Toss the beef and bacon in the seasoned flour until well coated.
- 2 Heat the butter in a casserole dish on 100P for 30 seconds. Stir in the braising steak, bacon, carrot and onions.
- 3 Add the beef stock, wine and mushrooms. Stir well and cover. Cook on 30P for 50 minutes. Leave to stand for 5 minutes before serving, so that the meal relaxes to improve the texture.

**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)

## RECIPES

### TURKEY FRICASSEE

**Serves 4****Preparation time - 10 minutes**

50g (2oz) butter  
 125g (5oz) onion, finely chopped  
 125g (5oz) leeks, sliced  
 50g (2oz) plain flour  
 5ml (1 tsp) mustard powder  
 300ml (1/2 pint) milk  
 300ml (1/2 pint) single cream  
 450g (1lb) cooked turkey, chopped  
 salt & pepper to taste  
 15ml (1 tbsp) fresh parsley chopped to garnish

- 1 Melt the butter in a large bowl on 100P for 30 seconds.
- 2 Stir in the onion and cook on 100P for 3 minutes.
- 3 Stir in the flour and mustard powder, gradually add the milk and cream. Cook on 100P for 5-6 minutes, stirring every minute, until smooth and thickened.
- 4 Add the turkey and seasoning. Cook on 100P for 13 minutes, stir every 2-3 minutes. Garnish with fresh parsley.

### HONEYED CHICKEN

**serves 4****Preparation time - 6 minutes**

4 boneless chicken breasts (200g (7oz) each)  
 45ml (3tbsp) clear honey  
 5ml (1 tsp) whole grain mustard  
 2.5 ml (1/2 tsp) dried tarragon  
 15ml (1tbsp) tomato purée  
 150ml (1/4 pint) chicken stock  
 15ml (1tbsp) cornflour blended with water  
 salt and pepper to taste

- 1 Place the chicken breasts in a casserole dish.
- 2 Mix all remaining ingredients together and pour over the chicken.
- 3 Cover and cook on 70P for 25 minutes. Turn chicken over and coat with the sauce several times during cooking.

### CHICKEN CACCIATORE

**Serves 4****Preparation time - 10 minutes**

225g (8oz) mushrooms, sliced  
 125g (5oz) onion, chopped  
 1 clove garlic, crushed  
 60ml (4tbsp) tomato purée  
 300ml (1/2 pint) red wine  
 5ml (1 tsp) dried oregano  
 5ml (1 tsp) dried parsley  
 salt and pepper to taste  
 4 chicken fillets (200g (7oz) each)

- 1 Place mushrooms, onion and garlic in a large casserole dish. Cook on 100P for 3 minutes.
- 2 Stir in all remaining ingredients except for the chicken. Mix well.
- 3 Add the chicken fillets and coat with the sauce.
- 4 Cook on 70P for 25 minutes. Stir and coat the chicken twice during cooking.

Serve with rice or jacket potatoes.

### CHICKEN & BROCCOLI BAKE

**Serves 4****Preparation time - 10 minutes**

450g (1lb) boneless chicken breasts  
 225g (8oz) broccoli florets  
 45ml (3tbsp) water  
 600ml (1 pint) white sauce (see page 38)  
 5ml (1 tsp) dried thyme  
 5ml (1 tsp) dried marjoram  
 salt & pepper to taste  
 25g (1oz) fresh breadcrumbs  
 25g (1oz) cheese, grated

- 1 Place the chicken breasts in a shallow flan dish and cook on 100P for 9-10 minutes. Allow to cool slightly and cut into small pieces.
- 2 Place the broccoli in a bowl with 45ml (3tbsp) water, cover and cook on 100P for 5 minutes. Drain.
- 3 To the white sauce, add the thyme, marjoram, salt and pepper, mix well.
- 4 Place the broccoli and chicken in a casserole dish. Pour the sauce over the top. Sprinkle with the breadcrumbs and grated cheese. Place on the turntable.
- 5 Cook for 10 minutes on 70P, then 9-10 minutes on DUAL GRILL 50P.



**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)**RECIPES****BEAN CASSEROLE**

Serves 4-6

Preparation time - 25 minutes

15ml (1tbsp) olive oil  
 200g (8oz) aubergines, cut in 2.5cm (1") cubes  
 100g (4oz) leeks, sliced  
 1 clove garlic, crushed  
 50g (2oz) celery, sliced  
 500g (1lb2oz) canned, chopped tomatoes  
 300g (12oz) canned mixed beans, drained  
 2 vegetable stock cubes  
 2.5ml (1/2tsp) basil  
 50g (2oz) fresh baby sweetcorn, chopped  
 salt and pepper to taste

- 1 Place the oil, aubergine, leeks, garlic and celery in a 2.5 litre (4 pint) casserole dish, mix well. Heat on 100P for 4 - 5 minutes, stir after 3 minutes.
- 2 Add the tomatoes, beans, crumbled stock cubes, basil and sweetcorn. Season and mix well.
- 3 Cover and cook on 70P for 20 minutes, stir twice during cooking.

*Serve with rice or baked potato.***CHEESY JACKETS**

Serves 2

Preparation time - 20 minutes

2 baking potatoes, (approx. 250g (9oz) each)  
 50g (2oz) butter  
 100g (4oz) Double Gloucester cheese, chopped  
 15ml (1tbsp) fresh chives, chopped  
 50g (2oz) mushrooms, finely chopped  
 salt and pepper to taste

- 1 Prick each potato in several places. Cook on 100P for 12 minutes. Halve each potato and scoop the flesh into a bowl, add the butter, cheese, chives, mushrooms, salt and pepper, mix well. Season.
- 2 Pile mixture back into the potato skins and place in a flan dish, on the rack.
- 3 Cook on DUAL GRILL 50P for 10 minutes.

**PIZZA WITH SALAMI & MUSHROOMS**

Serves 4

Preparation time - 20 - 25 minutes

125g (5oz) white self raising flour  
 125g (5oz) plain flour  
 2.5ml (1/2tsp) salt  
 5ml (1tsp) baking powder  
 45ml (3tbsp) olive oil  
 150ml (1/4 pint) milk  
 90ml (6tbsp) tomato relish  
 5ml (1tsp) Worcestershire sauce  
 15ml (1tbsp) dried oregano  
 75g (3oz) salami sausage, sliced  
 75g (3oz) mushrooms, sliced  
 1/2 green pepper, thinly sliced  
 2 medium tomatoes, sliced  
 200g (7oz) Mozzarella cheese, grated  
 salt and pepper to taste

- 1 Place flours, salt and baking powder in a large bowl. Mix well. Blend the oil and milk. Stir into the flour to make a firm dough.
- 2 Roll out on a floured surface to give 25.4cm (10") circle. Then place in a greased 25.4cm (10") flan dish. Cook on 100P for 4 - 5 minutes. Carefully turn over and cover with the topping.
- 3 To prepare the topping, mix together the tomato relish, Worcestershire sauce and 5ml (1tsp) of the oregano. Spread evenly over the pizza base. Arrange the salami, mushrooms, green pepper and tomatoes on top and sprinkle with the Mozzarella and remaining oregano. Season with salt and pepper to taste.
- 4 Cook on the rack on DUAL GRILL 50P for 10 - 12 minutes until the topping is cooked and the cheese has melted.

**Variations:**

Tuna and olive: Substitute the salami with 200g (7oz) canned tuna and top with 8 black olives.

Ham and pineapple: Substitute the salami with 100g (4oz) cooked ham and top with chopped pineapple.

**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)

## RECIPES

### MOIST CARROT CAKE

Serves 4-6

Preparation time - 12 - 14 minutes

150ml (1/4 pint) sunflower oil

225g (8oz) brown sugar

3 eggs (size 3)

175g (6oz) self raising flour

5ml (1 tsp) bicarbonate of soda

10ml (2 tsp) cinnamon

175g (6oz) carrot, grated

100g (4oz) walnut halves, chopped

**TOPPING:** 225g (8oz) low fat cream cheese  
grated rind of 1 lemon/5ml (1 tsp) lemon juice  
30ml (2 tbsp) icing sugar  
25g (1oz) walnuts, chopped to sprinkle

- 1 Beat together the oil, sugar and eggs, until well mixed. Fold in flour, bicarbonate of soda, and cinnamon. Add carrots and walnuts and mix well.
- 2 Pour cake mixture into a greased, lined 20.4cm (8") soufflé dish. Cook on 50P for 24 minutes, until firm to the touch and a skewer comes out clean. Allow to cool before decorating.
- 3 To prepare the topping, combine the cream cheese, lemon rind, lemon juice and icing sugar until smooth. Spread evenly over the top of the cake and sprinkle with the walnuts.

**Keep refrigerated.**

### CHOCOLATE BROWNIES

Serves 6-8

Preparation time - 10 - 12 minutes

225g (8oz) margarine

225g (8oz) caster sugar

7.5ml (1 1/2 tsp) vanilla essence

4 eggs (size 3), beaten

100g (4oz) plain flour

50g (2oz) cocoa powder

2.5ml (1/2 tsp) baking powder

75g (3oz) walnuts, roughly chopped

- 1 Combine margarine, sugar, vanilla essence and eggs, until smooth.
- 2 Stir in remaining ingredients.
- 3 Grease and line a square 20.4cm (8") dish. Spoon in the mixture and smooth the surface.
- 4 Cook on 50P for 24 minutes, until firm to the touch.

### SPONGE PUDDING

Serves 4-6

Preparation time - 6 - 7 minutes

100g (4oz) margarine

100g (4oz) caster sugar

2 eggs (size 3), beaten

100g (4oz) self raising flour

15ml (1 tbsp) water

60ml (4 tbsp) jam or syrup to cover top

- 1 Line base of 1.2 litre pudding basin with kitchen paper.
- 2 Cream margarine and sugar until light and fluffy.
- 3 Beat in eggs, fold in the flour and stir in the water.
- 4 Spoon the mixture into prepared basin and smooth the surface. Cook on 100P for 5 - 6 minutes. Allow to cool before turning out.
- 5 Place jam or syrup in a bowl, heat on 100P for 1 minute until runny and pour over pudding.

### Variations:

Chocolate Sponge: Reduce self raising flour to 50g (2oz) and add 50g (2oz) Cocoa Powder at stage 3.

Sultana Sponge: Add 75g (3oz) Sultanas at stage 3.

Sponge Cake: At stage 1, line base of 17.8cm (7") cake dish with kitchen paper. Omit stage 5.

**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)**RECIPES****FRUIT CRUMBLE**

Serves 4

Preparation time - 6 - 8 minutes

450g (1lb) seasonal fresh fruit, lightly cooked

100g (4oz) brown sugar

5ml (1tsp) cinnamon

100g (4oz) plain wholemeal flour

75g (3oz) rolled oats

75g (3oz) butter

- 1 Place the fruit, 50g (2oz) of the brown sugar and the cinnamon in a dish, mix well.
- 2 Place flour and oats in bowl, mix well and rub in butter, until mixture resembles fine breadcrumbs. Add remaining brown sugar, mix well. Sprinkle over the fruit and cook on DUAL GRILL 30P for 8 - 10 minutes.

**RICH FLAPJACK**

Serves 6-8

Preparation time - 15 minutes

175g (6oz) butter

100g (4oz) demerara sugar

175g (6oz) golden syrup

275g (10oz) jumbo oats

- 1 Place the butter, sugar and syrup in a large bowl. Heat on 100P for 4 minutes, stir every minute until melted, add the oats, mix well.
- 2 Spoon mixture into a greased 20.3 cm (8") flan dish, smooth the surface.
- 3 Place on the turntable, use sequence programming to cook on 50P for 5 minutes, then on 30P for 10 minutes until brown.

**STRAWBERRY JAM**

Makes 675g (1½lb)

Preparation time - 15 minutes

675g (1½lb) strawberries, hulled

45 ml (3tbsp) lemon juice

675g (1½lb) preserving sugar

- 1 Place strawberries and lemon juice in a large bowl, heat on 100P for 5 minutes, or until the fruit has softened. Add sugar, mix well.
- 2 Cook on 70P for 45 - 50 mins, until setting point \* is reached, stir every 4 - 5 mins.
- 3 Pour into hot, clean jars. Cover, seal and label.

\***"Setting point"**: To determine setting point, place 5ml (1tsp) jam onto chilled saucer. Allow to stand for 1 min. Move surface of the jam gently with your finger, if the surface wrinkles setting point has been reached.

**WHITE SAUCE**

300ml (½pint)

Preparation time - 5 - 6 minutes

25g (1oz) butter

25g (1oz) plain flour

300ml (½pint) milk

salt and pepper to taste

- 1 Place the butter in a bowl and heat on 100P for 30 sec, until melted.
- 2 Stir in the flour and whisk in the milk. Cook on 100P for 5 minutes, stirring halfway through cooking until thick and smooth. Season with salt and pepper to taste.

**Variations:**

**Cheese sauce:** Stir in 75g (3oz) grated cheese and 5ml (1tsp) mustard powder at Stage 2. Serve with vegetables, fish or meat.

**Parsley sauce:** Stir 15-30ml (1 - 2tbsp) fresh, chopped parsley into the finished sauce. Serve with fish.

**Onion sauce:** Stir 225g (8oz) cooked onion, finely chopped into the finished sauce. Heat on 100P for 2 - 3 minutes before serving. Serve with vegetables.

**Mustard sauce:** Stir in 45g (3tbsp) whole grain mustard, 200ml (7floz) soured cream, 15ml (1tbsp) fresh parsley and salt and pepper at Stage 2 instead of the flour and milk. Mix well. Cook on 100P for 3 minutes. Stir every minute until smooth and thick. Serve with fish or meat.

**Sweet white sauce:** Omit salt and pepper from basic recipe. Add 15 - 30ml (1 - 2tbsp) caster sugar at Stage 2. Serve with puddings as an alternative to custard.

**Website:** <http://www.sharp.co.uk/support>

**Help Line:** 08705 274277 (office hours)



## CLEANING AND MAINTENANCE

### OVEN INTERIOR

**Clean the microwave oven cavity after each use with a mild detergent solution on a soft cloth, pay special attention to the waveguide cover.**

After Grill, Dual, AutoCook and Express Cook modes the oven cavity, door, cabinet and accessories will become very hot. Before cleaning, ensure that they have cooled down.

Slight tarnishing of the oven cavity around the area of the grill heater is likely to occur, this effect does not indicate a problem.

Take care not to let soapy water drip through the small holes in the oven walls and the cavity floor particularly if the turntable and roller stay are removed. Excess water spillage through these holes will cause damage to the oven interior. It is important that the door seals and sealing surfaces are kept clean at all times, wipe regularly with a damp cloth.

### ACCESSORIES

Accessories should be washed in a mild washing-up liquid solution and dried. They are dishwasher safe.

### OUTER CABINET

Wipe the outer cabinet with a mild detergent solution on a soft cloth. The control panel must be wiped clean whilst the door is open, therefore inactivating the oven.



#### WARNINGS-

- **Do not allow grease or dirt to build up on the door seals and adjacent parts as this may prevent the door from closing correctly and may cause a leakage of microwaves. To clean use a mild detergent solution on a soft damp cloth.**
- Keep the waveguide cover clean at all times. If you leave grease or fat in the cavity, it may overheat, smoke or even catch fire when next using the oven.
- Never use spray cleaners, oven pads or abrasive scourers as these damage the surface of the oven.



## TROUBLESHOOTING

If you think the oven is not working properly there are some simple checks you can carry out yourself before calling an engineer. This will help prevent unnecessary service calls if the fault is something simple.

Simply answer "YES" or "NO" to the following questions: (Put half a cup of water in the oven, on the turntable and close the door. Programme the oven to cook for 1 minute and select 100P.)

1. Does the oven lamp come on when it is cooking?  
YES/NO
2. Does the turntable rotate?  
YES/NO
3. Does the cooling fan work? (Check by placing your hand above the air vent openings)  
YES/NO
4. After 1 minute does the "beep" sound?  
YES/NO
5. Is the water in the cup hot?  
YES/NO
6. (Take the cup out of the oven and close the door. Set the grill time for 3 minutes).  
At the end of 3 minutes, does the grill heating element become hot?  
YES/NO

If you answer "NO" to any question first check that the oven is plugged in properly and the fuse has not blown, if there is no fault with either, check against the troubleshooting chart on page 43.



#### WARNINGS:

- **It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.**
- The door seal stops microwave leakage during oven operation, but does not form an airtight seal. It is normal to see drops of water, light or feel warm air around the oven door. Food with a high moisture content will release steam and cause condensation inside the door which may drip from the oven.
- Repairs & Modifications: Do not attempt to operate the oven if it is not working properly.
- Outer Cabinet & Lamp Access: Never remove the outer cabinet. This would be very dangerous due to high voltage parts inside which must never be touched, as this could be fatal. As your oven is not fitted with a lamp access cover, if the lamp fails, do not attempt to replace the lamp yourself, call a Service Technician appointed by SHARP.

**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)**TROUBLESHOOTING****NOTE:**

If you cook food for more than the standard time (see chart opposite) on the same cooking mode, the oven's safety mechanisms will automatically activate. The microwave power level will be reduced or the grill heating elements will turn on and off.

| COOKING MODE                 | STANDARD TIME    |
|------------------------------|------------------|
| Microwave 100P cooking       | 40 MINUTES       |
| Grill cooking                | 45 MINUTES       |
| Dual grilling                |                  |
| with Microwave 50 P          | Grill 10 MINUTES |
| with Microwave 30 P and 10 P | Grill 45 MINUTES |

| PROBLEM   | POSSIBLE CAUSE  |
|---|---|
| Draught circulates around the door.                         | When oven is working, air circulates within the cavity. The door does not form an airtight seal so air may escape from the door.  |
| Condensation forms in the oven, and may drip from the door. | The oven cavity will normally be colder than the food being cooked, and so steam produced when cooking will condense on the colder surface. The amount of steam produced depends on the water content of the food being cooked. Some foods, such as potatoes have a high moisture content. Condensation trapped in the door glass should clear after a few hours. |
| Flashing or arcing from within the cavity when cooking.     | Arcing will occur when a metallic object comes into close proximity to the oven cavity during cooking. This may possibly roughen the surface of the cavity, but would not otherwise damage the oven.  |
| Arcing potatoes.  | Ensure all "eyes" are removed and stand directly onto the turntable or in a heat resistant flan dish or similar.  |
| After setting the time, the oven does not start.            | Check the door is closed properly.  |
| Oven cooks too slowly.                                      | Ensure correct power level has been selected.   |
| Oven makes a noise.   | The microwave energy pulses ON/OFF during cooking/defrosting.   |
| Outer cabinet is hot.                                       | The cabinet may become warm to the touch - keep children away.  |

**TO REPLACE THE MAINS PLUG**

The wires in the mains cable are colour coded as shown opposite:

green and yellow stripes = **EARTH**  
 blue = **NEUTRAL**  
 brown = **LIVE**

As the colours of the cores in the mains lead of your oven may not correspond with the coloured marking identifying the terminals in your plug, connect the wires as shown:

Make sure the terminal screws are tight and the cable is held securely by the cable grip where it enters the plug. Like most appliances in your home, your oven must be connected to a single phase 230-240 Volt, 50Hz alternating current supply.

If you do not make the proper electrical connections you might damage the oven or injure yourself. Neither SHARP nor the supplier will be liable if this happens.

- The green and yellow wire to the plug terminal marked E or  $\equiv$  or coloured green or coloured green and yellow.
- The blue wire to the plug terminal marked N or coloured black or coloured blue.
- The brown wire to the plug terminal marked L or coloured red or coloured brown.

**⚠ WARNING!**

**THIS APPLIANCE MUST BE EARTHED.  
 IF YOU HAVE ANY DOUBTS ABOUT YOUR  
 ELECTRICAL SUPPLY ASK A QUALIFIED  
 ELECTRICIAN.**

**Website:** <http://www.sharp.co.uk/support>

**Help Line:** 08705 274277 (office hours)



## CALLING FOR SERVICE

- If you are unable to resolve a problem using the checks covered on the last few pages, **do not attempt to service this microwave oven yourself.**
- Contact the dealer or supplier from whom the oven was purchased in order to obtain service. Where this is not possible, please contact the SHARP Customer Information Centre, telephone: 08705 274277 (office hours).
- For general information & assistance with oven queries, please contact our  
**Customer Information Centre:**  
**U.K.:** 08705 274277 (office hours)  
**Ireland:** 01 676 0648 (office hours)  
**Website:** <http://www.sharp.co.uk/support>
- Replacement accessories may be obtained from our main parts distributor Willow Vale Electronics Ltd. Telephone: 0121 766 5414



## GUARANTEE

Subject to the conditions listed below, SHARP Electronics (U.K.) Ltd (hereafter called "the Company"), guarantee to provide for the repair of, or, at its option replace this SHARP equipment, or any component thereof, (other than Glass Turntables), which is faulty or below standard, as a result of inferior workmanship or materials.

### The conditions of the Guarantee:

- 1 This Guarantee shall only apply to defects or faults which are notified to the Company, or its Service Technician appointed by Sharp, within one year from the date of purchase of the equipment, provided that this Guarantee shall extend for a further period of one year in respect of microwave oven magnetron parts only.
- 2 This Guarantee covers equipment intended for private domestic use only. This oven is suitable for domestic food preparation and is not designed for commercial, industrial or laboratory use. This Guarantee does not apply to equipment used in the course of a business, trade or profession. Only use the microwave oven for cooking, defrosting or reheating of food. SHARP declines any liability for damages caused by improper use.
- 3 This Guarantee does not cover any faults or defects caused by accident, misuse, fair wear and tear, neglect, tampering with the equipment, or any attempt at adjustment or repair other than by a Service Technician Appointed by Sharp.

- 4 Please clean your microwave oven regularly and remove any stains or fat residues without delay. Failure to do this may affect the quality and safety of the product or prejudice your guarantee.
- 5 In the unlikely event of your equipment requiring repair, please contact the dealer or supplier from whom it was purchased. You will need to provide proof of date of purchase to the repairing company. Please keep your invoice or receipt, which is supplied at the time of purchase. Where it is not possible to contact the dealer or supplier from whom the oven was purchased, please contact the telephone number given below. You will then be given details of how to obtain service.

Telephone: 08705 274277 (office hours)

- 6 This Guarantee is offered as an additional benefit to the consumer's statutory rights and does not affect these rights in any way.

SHARP parts and accessories have been specifically designed for SHARP Microwaves.

No liability can be accepted for any inaccuracies or omissions in this publication, although every possible care has been taken to make it as complete and accurate as possible.

**Website:** <http://www.sharp.co.uk/support>**Help Line:** 08705 274277 (office hours)**SPECIFICATIONS**

|                       |                               |
|-----------------------|-------------------------------|
| AC Line Voltage       | Single phase 230-240 V, 50 Hz |
| Power Consumption:    |                               |
| Microwave             | 1.25 kW                       |
| Grill                 | 1.05 kW                       |
| Microwave/Grill       | 2.25 kW                       |
| Input Current:        |                               |
| Microwave             | 5.5 A                         |
| Output power:         |                               |
| Microwave             | 800 W (IEC 60705)             |
| Grill                 | 1000 W                        |
| MAFF heating category | E                             |
| Microwave frequency   | 2450 MHz                      |
| Outside Dimensions    | 449(W) x 282(H) x 388(D) mm   |
| Cavity Dimensions     | 290(W) x 194(H) x 313(D) mm   |
| Oven capacity         | 18 litres                     |
| Cooking uniformity    | Turntable diameter (272mm)    |
| Weight                | Approx. 14kg                  |

This oven complies with the requirements of Directives 89/336/EEC and 73/23/EEC as amended by 93/68/EEC.

As part of a policy of continuous improvement, we reserve the right to alter design and specification without notice.

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The illustrations, technical information and data contained in this publication to our best knowledge, were correct at the time of going to print. The right to change specifications, at any time, without notice, is reserved as part of our policy of continuous development and improvement.



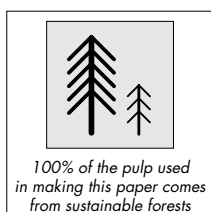
# SHARP

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